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Bugle News

7400 WAUKEGAN RD, NILES, IL 60714

THURSDAY, OCTOBER 18, 2001

VOL. 46, NO. 17

Local Anthrax scares unfounded

by George Pontikis

Local law enforcement wasted their time and taxpayer money last week, investigating fraudulent Anthrax mail scares in Niles and Des Plaines.

It started on Oct. 13 at the TJ .85 retail store in Morton Grove, when an employee reported a package with a suspicious-looking powder on it and the floor nearby to the police. The MGF D Mazmat team evacuated the building, as well as the neighboring buildings - the Morton Grove Police Bomb Squad was also there. The substance was secured by Morton Grove authorities and turned over to the FBI.

After examining powder, The FBI notified Morton Grove authorities that Anthrax had been ruled out, and that the TJ .85 could resume business.

Morton Grove Police Com-

mander Mark Erickson said he is "urging people to use a little common sense," regarding what they put in the mail. He added that he has not yet been informed as to what the substance turned out to be.

Two days later, mail service was stopped when the Des Plaines Post Office received its own scare. Around 8 a.m., a package inside one of the gunneys was revealed to have a powder-like material inside it. Des Plaines police were notified and the building was immediately cleared.

Des Plaines Communications Manager Jim Ratliff, who was at the Post Office when the package was found, said that there was not much panic when this all happened.

"We have real clear proce-

Continued on Page 35

Asians, Hispanics now 41% of Maine East

Local high schools get a report card of their own, one that comes in the nature of a demographic report of 31 suburban high schools.

That report, presented to the District 207 school board in early August, shows that Maine South High School in Park Ridge has experienced the least degree of cultural change and the lowest ethnic diversity of student body in the north and northwest suburbs.

In test scores Maine South ranks in the upper third among 31 high schools reported on, according to the report.

Other data indicate that Maine South's population is 93.8 per-

cent white and has no students with only a limited knowledge of the English language. Less than one percent of South's students come from families with lower incomes and South has the lowest dropout rate among the 31 area high schools, the report shows.

At Maine East, also located in Park Ridge but serving an ethnically-diverse unincorporated area, the student population is 54.4 percent whites, 31 percent Asians and close to 10 percent Hispanics. At East, 18.5 percent of its students are from lower income families, and 12 percent have limited knowledge of Eng-

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M.G. woman passenger dies of crash injuries

Lolita Goertz, 81, died Oct. 12 after lingering since Sept. 4 when the auto in which she was a passenger collided with an SUV.

Goertz was pronounced dead at Lutheran General Hospital, according to the Cook County medical examiner's office.

The car in which she was riding was struck while turning into a supermarket parking lot, said

Cmdr. Mark Erickson of Morton Grove Police

Erickson said the SUV driver was not cited, but the driver of the Goertz car, Henry Goertz, 83, the victim's husband, was cited for making an improper turn.

Henry Goertz suffered injuries in the crash and is recovering at home.

Saturday night twister collapses roof; six treated at area hospitals

Tornado strikes Golf Mill, several injured

by Lisa Ashkenaz Croke

Just days after U.S. Attorney General John Ashcroft's warning of imminent terrorist attacks and the circulation of an e-mail message warning of possible action targeted at the nation's shopping malls, a section of roof and several skylights at the Golf Mill mall in Niles came crashing down just before 5 p.m., Oct. 13 during a severe rainstorm. An accompanying small tornado was blamed for the damage that sent shoppers and mall employees fleeing frantically.

"No one really screamed, but (the feeling) was like, 'we're all gonna die,'" said Skokie resident and Niles Community Service Officer (CSO) Brad Coop. "You've never seen this place empty so fast."

Redz shoe store on the mall's southwest side sustained the most damage when part of the roof came in. Working a security shift, Niles CSO Kris

Walsh, said she was across from Redz when she heard what sounded like thunder out-

side.

"All of a sudden the roof
Continued on Page 35

OCC lecture explores Taliban origins, US role

by Lisa Ashkenaz Croke

"It enrages me," said Philosophy teacher Holly Graff, speaking of Osama Bin Laden calling Palestinian Muslims to join a Jihad against the United States.

"They are among the most secular group of Muslims. The very kind that he's against."

Graff joined other Oakton Community College instructors, providing lectures focusing on the origins of the Taliban movement and an overview of Central and Middle Eastern history in two days of public educational forums held at its Des Plaines and Skokie cam-

puses Oct. 11 and 12.

Margaret Norton, a lecture attendee and Humanities teacher familiar with Islamic beliefs and the region's history, said she was previously unaware that Islam contained so many diverse factions.

At an Oct. 12 forum, lecturers explained that Osama Bin Laden embraced a violent view of Wahhabi fundamentalism, a religious movement solidified in Saudi Arabia in the mid 1800's as a repudiation of growing European power imparted by the Ottoman Empire

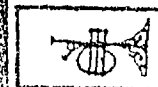
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Niles Lions Candy Day held on Friday



Pictured above are members of the Niles Lions Club who will be participating in the annual Lions Candy Day held on Friday, October 12, 2001. This is a state-wide fund raising program to assist the visually and hearing impaired. Lions (left to right) are: Fire Chief Harry Kinowski, Candy Day Chairman Dennis Burns, Walt Beusse, Mayor Nicholas B. Blase, and Trustees Robert Callero and Andrew Przybylo. Mayor Blase signed a proclamation at the September Village Board Meeting urging all Niles residents to support this very worthy cause.

The Bugle's community job listings can be found on
<http://www.ChicagoMetroJobs.com>



Community Focus

PWA Council 9 hosts program on The Kaszuby

October is Polish-American Heritage Month, and as part of the month-long celebration, the Polish Women's Alliance of America (PWAA) will host a program on Poland's Kaszuby Region on Saturday, Oct. 20 at 1 p.m. It will also open its Madame Marie Skłodowska Curie Room to tours. The free program is open to the public. The PWAA National Headquarters is located at 205 S. Northwest Highway, Park Ridge.

The Kaszuby is a little-known region of Poland near the Baltic Sea with its own distinctive language and customs. Called the "land of lakes," this area is often compared to Switzerland, and its proud, seafaring

people are known as Kaszubians. The beautiful scenery of this area was carved by glaciers that left deep valleys and powerful rivers. The area also has a strong Teutonic influence, which can be seen in the castles which remain in the area.

PWAA District State President Dorothy Polus, of Kaszubian heritage, will present the program. She recently returned from Poland in September and visited this region.

The program will be held in the Madame Curie Room, which serves as a small museum displaying objects which reflect Polish heritage and culture. On display are artifacts of Polish wood carving, regional dolls wearing handmade costumes, plus mementos of Ignacy Paderewski, Madame Skłodowska Curie and Helen Modjeska, Shakespearian actress of the New York stage.

Special programs are offered that feature Polish arts and crafts, like "Wycinanki," Polish paper art, "Pisanki," the Polish art of egg decorating, and Polish Christmas ornaments made from paper, straw and egg shells. To arrange programs, call Sharon Zago, (847) 384-1208.

Dog Adoption

Furry Friends Foundation, a no-kill, non-profit animal shelter, will hold a dog adoption day from 1 until 5 p.m. on Sunday, October 21 at Petsmart, 809 Civic Center Plaza, Niles. For more information call Furry Friends Foundation at (312) 397-1001 or visit their website: www.furryfriendsfoundation.com.

Lambs Farm celebrates 40 years

Lambs Farm is returning to its hometown of Chicago, where they opened their pioneering pet store in 1961 to provide employment opportunity for people with developmental disabilities. The organization will host a special gala event celebrating 40 years of service to people with developmental disabilities. "An Evening in the City" will include cocktails, dinner, a raffle for a new

Visitation for Vanessa Kolpak

A visitation for Vanessa Kolpak 22, who is missing and lost in the World Trade Center Tragedy of Sept. 11, 2001 will be held Friday, Oct. 19 from 2-9 p.m. at the Colonial Wojciechowski Funeral Home, 8025 W. Golf Rd., Niles, (847) 581-0536. A Memorial Mass will be held at Queen of All Saints Church Sat., Oct. 20, 2001 at 10 a.m. which is located 2 blocks east of Cicero on Devon Ave., Chgo.

Vanessa is the daughter of Paul Kolpak of Kolpak and Lerner Law firm and Vivian (Przybylo) Kolpak, co-owner of Przybylo's White Eagle Banquet & Restaurant. She is also the younger sister of Todd and Alexis Kolpak.

Lexus RX300, a live auction and music.

Guests at the gala will include some of the first people served by Lambs Farm. They are among the original group of people who worked in the historic pet store, the very first business staffed by people with developmental disabilities that Lambs Farm opened in 1961 at 913 North State Street.

The gala will honor individuals and organizations that have supported Lambs Farm throughout its 40-year history.

Media personality Rick Kogan will serve as Master of Ceremonies. The event will be held Saturday, October 20, 2001, 7-11 p.m. at the John G. Shedd Aquarium, 1200 South Lake Shore Drive, Chicago.

Event tickets are \$225 per person. Raffle tickets for the Lexus are \$75 each or three for \$200. Tickets can be purchased by calling (847)362-4636, ext. 816.

Funds raised through "An Evening in the City" support the programs of Lambs Farm. Founded in 1961, Lambs Farm is a premier non-profit organization dedicated to the empowerment of people with developmental disabilities.

The Karl Cless Foundation and TDS Metrocom are sponsors of "An Evening in the City."

Maine Township hosts GIFTS volunteer open house

Maine Township will host a volunteer open house Tuesday, October 30 from 10 a.m. to noon at Maine Town Hall, 1700 Ballard Rd., Park Ridge, as part of its volunteer organizations called GIFTS. GIFTS stands for Giving Invites Friends to Share.

The organization matches Maine Township residents who wish to volunteer time with the needs of numerous local agencies seeking help. All interested residents are invited to come and find out more about the agencies and their volunteer opportunities. Duties may range from delivering meals and running errands for the home bound to answering telephones or performing office duties.

"The idea is to become a clearing house for volunteers by matching interested residents with agency needs on an ongoing basis," says Gretchen French, Maine Township's Agency and Community Services Coordinator. "Volunteerism help these agencies maintain quality services without increasing costs."

As many as 20 or more agencies may eventually be involved. At this time, the following are involved with the GIFTS program: Advocate Older Adult Services; High Five Center; The Harbour, Inc.; CEDA Northwest Self-Help Center, Inc.; WINGS: The VISIONS Network; M-NASR; Resources for Community Living; North Shore Senior Center; City of Des Plaines—Meals on Wheels; Rainbow Hospice; Center of Concern; Fish of Park Ridge; Maine Center for Mental Health.

For further information on this program or to make a reservation for the meeting, contact Gretchen French at (847) 823-0650 or Mary Swanson at (847) 297-2510.

Library and Parks News

Morton Grove Public Library

Mark Valenti in Concert
Mark Valenti performs musical compositions by Prokofiev, Schubert, and Debussy on Sunday, October 21, at 2 p.m. in the Baxter Room of the Morton Grove Public Library. Mr. Valenti has given solo recitals in cities throughout the United States and Europe. Refreshments will be served following the performance. Seating is limited. Reservations are required. Beginning September 24, call 965-4220 or stop by the Reference Services Desk at the library to make your reservation.

Confessions of an Ugly Step-sister to be Discussed

Confessions of an Ugly Step-sister will be the topic of discussion when Thinking Out Loud meets on Tuesday, October 23, at 7:30 p.m. in the Morton Grove Public Library's Board Room. Gregory Maguire's second novel is a brilliant retelling of *Cinderella* set in 17th-century Holland. Maguire spins an en-

chanting tale of contrasts with an ironic surprise ending. For more information or for mobility and communication access assistance, please call (847) 965-4220. TDD 965-4236. www.webrary.org.

Plainsong to be Discussed

Plainsong by Kent Haruf will be the topic of discussion when All Booked Up meets on Thursday, October 25 at 10 a.m. in the Morton Grove Public Library's Board Room. *Plainsong* is a beautifully written book about the intertwining lives of residents of a small town, Holt, Colorado. Haruf eloquently portrays damaged families and how individuals form new alliances and non-traditional family groups. For more information or for mobility and communication access assistance, please call (847) 965-4220. TDD 965-4236. www.webrary.org.

Tips and Tricks for Genealogy Research

If you are getting started tracing your family tree and are wondering where to turn for information, make a reservation to attend this program on genealogical searches to be held Thursday, October 25 at 7 p.m. at the Morton Grove Public Library. Brother Joseph Martin presents

Tips and Tricks to help you get started researching your family's roots. Brother Martin's presentation will focus on archives and libraries in Illinois and on Internet resources. Seating is limited. Call 965-4220 to register or stop by the Reference Services Desk. Priority will be given to Morton Grove residents with a valid Library card. Non-residents may sign up on the waiting list and will be notified by phone if there is space available. This program is made possible in part by an award from the Illinois Humanities Council, the National Endowment for the Humanities and the Illinois General Assembly. The Library is located at 6140 Lincoln Avenue. For more information or for mobility and communication access assistance, please call (847) 965-4220. for TDD (847) 965-4236. www.webrary.org.

Thursday, November 8. The workshop will help prepare babysitters for the responsibilities of caring for young children. Practical tips for planning activities, what to do in emergency situations, and safety for children are emphasized. To register, sign up at the Reference Services Desk in the Library or call 965-4220. The Library is located at 6140 Lincoln Avenue. For more information, or for mobility and communication access assistance, please call (847) 965-4220. for TDD (847) 965-4236. www.webrary.org.

Art by Argentinian Betty Litewka on Exhibit

Artist Betty Litewka, a resident of Mendoza, Argentina, will be exhibiting oil paintings and pastels during the month of October at the Morton Grove Public Library, 6140 Lincoln Avenue, Morton Grove, Ms. Litewka's landscapes, portraits, and surrealist paintings have been exhibited in Argentina, Panama, France, Israel, Mexico, and several cities of the United States. Call the Library (847) 965-4220 for exhibit hours, directions, additional information, or for mobility and communication access assistance. www.webrary.org.

Lincolnwood Public Library District

Folk duo Mustard's Retreat performs Oct. 21

Hot folk duo Michael Hough and David Tamulevich, otherwise known as Mustard's Retreat, perform in the Sundays at the Library series at the Lincolnwood Public Library Oct. 21 at 2 p.m.

They have been performing together for 25 years, since they first started in a coffee house in Ann Arbor, Michigan, while going to the University of Michigan. Throughout the years they have released seven records, including the often hilarious live CD called *5 miles or 50,000 Years*.

Their name does not come from an historical event or an old fiddle tune, as is often believed, but from the musical chum named Nancy Mustard, who taught David a guitar slide, around which he wrote an instrumental called *Mustard's Retreat*.

"Their music is community music," their record producer said. "It is music that speaks to people's hearts and lives and binds them together as an audience."

Free tickets are available at the circulation desk now to Lincolnwood residents and one week before the program to non-residents.

Magic by Randy
Magic by Randy is the Halloween special for kids at the Lincolnwood Public Library on Sunday, Oct. 28 at 2 p.m. Randy blends amazing magic with side-splitting comedy, holding kids spellbound with his magic act and lots of audience participation. The annual program is again being sponsored by Lincolnwood residents Mark and Sonia Gilbert for the 17th consecutive year. Tickets are required and are available free at the Circulation Desk. The Lincolnwood Library is located at 4000 W. Pratt Ave.; phone (847) 677-5277.



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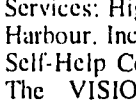


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PRIVATE ILLINOIS COLLEGES & UNIVERSITIES (PICU) is hosting the following college fairs 10:00 AM - 1:00 PM

Malcolm X College - Chicago	October 24
Oakton Community College - Des Plaines	October 31
South Suburban College - South Holland	November 5
William Rainey Harper College - Palatine	November 6

For further information:
Laura Beal, College & Business Liaison
DeVry Institute of Technology, Chicago
(773) 697-2159
email lbeal@chi.devry.edu.

School News

Free fall concert at Niles North

The public is invited to a free Orchestra and Choir concert to be held at 7:30 p.m. on October 23 in the Niles North auditorium, 9800 N. Lawler. Performing with the Niles North orchestras will be Dr. Julie Goldberg, who has the distinction of being the first guitarist to earn a Doctor of Music degree from Northwestern University. Well-known composer, arranger, and musician Greg Gilpin has written some of the songs that will be sung by the choirs.

Under the direction of student teacher Becca Pascal, the Symphonic String Orchestra will per-

form Giuseppe Tartini's "Andante" and "Allegro," and the "Concerto in D Minor" for classical guitar and string orchestra by Johann Weiss. Dr. Goldberg, who serves on the faculty of North Park University, St. Francis Xavier University and the Music Institute of the Lake Forest Symphony, will perform the guitar solo.

The Philharmonic String Orchestra will play "Coronation March" by Del Borgo, "Allegro Giocoso" by Haydn, "Country Dance" from Handel's "Water

Music" and "St. Lawrence Overture" by Del Borgo. The Beginning Strings class will also perform with the orchestra.

Chorale will perform a stirring version of "The Star Spangled Banner," as well as the madrigal tune "In These Delightful Pleasant Groves," "Exultate Deo" and an a cappella arrangement of "My Heart Will Go On."

The Chamber Choir will perform "Fly Away" with violin and piano, "Women Cross the River" and an a cappella arrangement of "Scarborough Fair."

The combined Choraliers and Concert Choir will sing "Hosanna," followed by "With One Voice," which was commissioned by the With One Voice Foundation in order to prevent teen suicide, teen pregnancy, child abuse, and etc. The choirs will end with a Dixieland-style rendition of "Hello Dolly."

For more information on this free concert, please contact Orchestra Director Pamela Hendrix at (847) 568-3417 or Choir Director Daniel Gregerman at (847) 568-3416.

District 71 News

Talking to Your Children About the World Today

Our World has changed and talking to children about it is a difficult task. Niles Family Services will present a program designed to help parents with this difficult job. Culver School will host the program on Monday, October 22nd at 7 p.m. Some points to be covered are creating safety, reassuring your children, why your children need to be reassured and what are your children thinking about. ChildCare will be provided but please note, children must be at least 3 years old. Culver School is located at 6901 Oakton in Niles. Please register by calling Linda Feldheim at 966-9280 ext. 112 or Eileen Kearns at 966-9280 ext. 120.

Preschool Screening

Culver School will offer preschool screening for 3, 4 and five year old children living in District 71 who are not yet attending kindergarten. This screening is available by appointment on Monday, October 22, from 8:15 a.m. to 1:45 p.m.

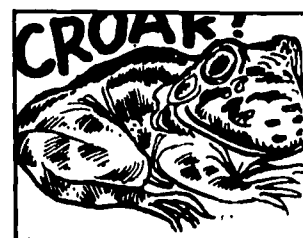
This free program is designed to screen children in the areas of language, readiness, motor skills, vision, hearing and speech. This screening is conducted to identify possible educational difficulties or delays before a child begins kindergarten. If the screening identifies educational needs, services are available in the township.

Appointments can be scheduled or questions answered by contacting Mrs. Panke at 966-9280, ext. 101, Monday through Friday between 8:30 a.m. and 3:30 p.m. parents will need to present proof of residency such as a tax bill, rental or purchase agreement or utility bills (electric, gas or phone).

Lincolnwood Public Library District

Open mike storytelling

"Think Spooky" is the prompt for the next Open Mike Story Telling program at the Lincolnwood Library on Saturday evening, Oct. 27 at 7 p.m. This program will be followed by "Tasty Dishes" on November 17; "Winter," Dec. 8, and "Anything Goes, It's Up To You" on Jan. 12. The series is an opportunity to listen to and tell stories for the whole family. Themes are suggestions and are not required.



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Niles Family Fitness Center

The Niles Family Fitness Center is now offering the following new programs. Call (847) 588-8400 for questions regarding the following programs or Club membership.

• New - Healthy Backs Yoga. This class focuses on breath and posture to relieve stress and tension commonly held in the back, neck and shoulders. A flow series of poses will gently twist the spine in six different directions to increase flexibility, strength, and range of motion. All ability levels welcome. Session: 10/29-12/1. Session fee: \$29 Member/\$40 Non-member. Drop-in fee: \$5 Member/\$8 Non-Member. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

• MVP Volleyball School - Skills & Drills - Grades 4-12. The Midwest Volleyball Professionals school is a youth player development program created to teach fundamental volleyball skills. The primary aim is to enhance player skills making the game enjoyable and challenging players to experience the next level of volleyball. Classes are taught by qualified instructors provided by the MVP staff. Session: 11/8-12/20. Fees: \$59/ Members \$75/Non-members. Contact the Niles Family Fitness center at 847-588-8400 for more information.

• Chicago Bulls Basketball School - Grades K-8. The Chicago Bulls Basketball School is a youth player development program created by the Chicago Bulls to teach fundamental basketball skills. Classes are taught by qualified instructors provided by the Chicago Bulls. Class fee also includes Junior Bulls T-shirt, genuine autographed Chicago Bulls player photo, and membership in the Junior Bulls Birthday Club. Fees: \$75 Members/\$98 Non-members. Session: 11/6-12/18. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

• New - Pace Arthritis Class. This low impact class designed for people with arthritis uses gentle activities to help increase joint flexibility, range of motion, and maintain muscle strength. This class is sanctioned by the Arthritis Foundation. A doctor's note is required prior to participation. Session: 10/29-12/1. Session fee:

\$29 Member/\$40 Non-member. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

• New - Adult Swim Lessons. It's never too late to learn! Offered for the first time is a group swim lesson for adults. All ability levels welcome. Class will be adapted to accommodate all levels. Session: 11/7-12/19. Session fee: \$33 Member/\$43 Non-member. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

• New - Aqua Kickboxing. Come enjoy this exciting uptempo class. You receive the benefits of kickboxing with the comfort and resistance of the water. Pre-registration required. Session: 11/8-12/20. Session fee: \$29 Member/\$40 Non-member. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

• Teen Gym & Jam. Join us for Saturday night dance parties at the Niles Family Fitness Center. September 15, 6:30-9 p.m. Participants must be Niles residents, members of the Fitness Center, or attend a Niles school. Participants may bring one (1) non-resident guest. Fees: \$4 in advance, \$5 at the door. Non-resident guests are \$8. Contact the Niles Family Fitness Center at 847-588-8400.

• Heart and Sole Walking Club. The walking club is a great way to have fun and achieve your fitness goals. You will set goals, keep a log book, participate in various theme activities, have breakfasts, and go on field trips.

Pre-registration is required. Session fee: \$45 Member/\$60 Non-member. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

• Special Event - Goldfish Hunt. How good of a fisherman do you think you are? Come to our exciting goldfish hunt and find out! The pool will be filled with fish for you to capture and take home. Please bring fishing gear (net, cup, etc.) and a container to transport your fish home in. Fun for all ages!! Fees: \$1/ Members \$3/Non-members. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

• School's Out Camp. Don't spend your day off school bored at home. At School's Out Adventure Camp, you can play sports & games, make crafts, go swimming and more! Guaranteed to be the most fun you can pack into a day. Camp held Monday, October 8 for Columbus Day. Camp hours are 8 a.m.-3 p.m. Extended camp hours are available from 3 p.m.-5 p.m. for \$5. Deadline to register is two weeks prior to camp or when camp is filled. Fees: \$25/Members and residents \$30/Non-residents. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

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Health News

Five ways to encourage children to brush their teeth

(NAPS) -- Brushing up on a few dental basics can help parents start their child on a lifetime of good dental care.

Teeth should be cleaned as soon as they appear. Use a soft cotton cloth and gently wipe the teeth after feeding. Start using a toothbrush when baby's molars appear. With meals, snacks and bottles, toddlers can eat between seven and ten times a day. Pack the toothbrush with you and use it whenever you can, especially before going to bed.

Until a child is about six, it would be a good idea to dispense the toothpaste -- just a dab.

If a child is reluctant to brush, you can try five tips:

1. Praise the child for the effort.
2. Reward the child for brushing teeth by reading a favorite story or singing a song.
3. Encourage children to brush their teeth at the same time as you do. Young children like to imitate what their parents do.

4. Make it fun. A new toothbrush known as the Bolt Max has a light-up head that lets kids see inside their mouths.

The light up feature not only encourages kids to brush regularly, properly and longer, but it acts

as an early warning system. Dentists recommend that you change your toothbrush every three months (and after every cold and illness). When the Bolt Max light goes out (approximately three months), it's time to get a new toothbrush.

The bathroom is a place where germs are often spread. Dentists recommend that for better oral hygiene, toothbrushes should be left out to air dry, rather than be placed in a drawer, medicine cabinet, or left lying on the counter.

Bolt Max has a power suction cup base that promotes air drying by keeping the toothbrush affixed to the counter and away from direct contact with germs.

There are four designs available to suit every age group, ranging from a first toothbrush to an adult model.

5. Last but not least, don't forget to make the importance of regular brushing part of a talk about healthy habits such as eating vegetables. Children should see a dentist by their first birthday. The first visit usually includes oral hygiene and dietary tips to improve dental health.

Teaching children the basics of good dental care can help encourage healthy smiles for years to come.

Planning for your future care needs

(NAPS) -- Financial forecasting is a critical part of retirement planning. Just as important, however, and often overlooked, is planning for your future care needs, including assistance with daily living.

A recent report from the AARP states that 69 percent of older parents think about their ability to live on their own, but more than 30 percent never talk to their children about what they will need as they age. The Assisted Living Federation of America (ALFA) recommends planning for future care needs early.

"The earlier you plan for your future, the more control you have," said Karen Wayne, President and CEO of ALFA. "Being able to make decisions about your day-to-day lifestyle as you age is what makes an option like assisted living a true home for residents. If you've planned ahead, you'll be able to concentrate on finding the type of home that best meets your needs."

The following recommendations can help you and your loved ones plan for future care needs.

- **Start planning financially.** As soon as you begin planning for retirement, start thinking about your future care needs. Talk to a financial planner about

when and how to plan appropriately.

- **Discuss needs and wants.** Make sure those surrounding you understand your preferences. If you have relatives who may be candidates for assisted living, talk to them about their plans.

- **Recognize the signs.** Generally, families should begin considering living alternatives when it becomes difficult for the elderly family member to carry out important activities of daily living. Though each situation is unique, signs to look for include loss of vision, poor balance, memory loss, fatigue, loneliness or dementia.

- **Research options.** Has your home gotten too difficult to care for, but you don't want to give up your right to make day-to-day decisions? If so, it may be time to begin researching your options. Today's seniors enjoy more living options than the traditional institutional nursing homes of the past, and if maintaining independence and choice is among your primary goals, assisted living might be the right choice. As needs change, so can the level of care.

Choosing an Assisted Living Residence
When touring assisted living

residences, the Assisted Living Federation of America (ALFA) recommends:

1. Pay attention to the atmosphere and visit more than once.
2. What services are included in the price? What are not?
3. Ask how much health care is available.
4. Carefully consider the home's contract.

For more information, including a free consumer guide and checklist, go to www.alfa.org or call (703) 691-8100.

Center of Concern October Calendar of Events

- Medicare Counseling - Tuesday, Oct. 16 by appointment.
- Grief & Loss Support Group - Wednesdays, 2 p.m.
- DesPlaines Senior Housing Fair - Saturday, Oct. 6, 9:30 a.m. to 12:30 p.m., DesPlaines Public Library.
- Weight Loss Support Group - Mondays, 10 a.m.
- Employment Counseling - Mondays, by appointment.
- Alzheimer's Caregivers Support Group - Thursday, Oct. 14, 10:30 a.m.
- Legal Counseling - Saturdays, Oct. 13 & 27, by appointment.
- Park Ridge Senior Housing Fair - Sunday, Oct. 14, 9 a.m. to 1 p.m., United Methodist Church.
- Blood Pressure & Sugar Screening - Saturday, Oct. 27, 10 a.m. to 12 Noon.

The Center also offers personal counseling, money management, a friendly visitor program, in-home health care referrals, a shared housing program, and a variety of volunteer opportunities.

Continued on Page 9

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Health News

Oral cancer

Oral cancer will affect more than 30,000 Americans this year, making it the sixth most common cancer for males—killing more people each year than melanoma or cervical cancer.

"Oral cancer usually begins as a small red or white spot that looks like an irritation, or an ulcer," said Dr. Cheryl Watson-Lowry, a general dentist in Chicago and spokesperson for the Chicago Dental Society. "The most common site is on the side of the tongue. The lesion often times is not painful or noticeable until it becomes infected or increases in size."

Like many cancers, early detection can improve the chances of successful treatment. As part of a regular oral examination your dentist can check your oral tissue for signs of cancerous or

precancerous lesions. "Tobacco use (in any form) and alcohol consumption are the two most important risk factors for developing oral cancer," warns Dr. Watson-Lowry. "If you are a male who uses tobacco and drinks alcohol, it is essential that you examine your mouth daily for any abnormalities and that you receive an oral cancer screening each time you visit your dentist." Dr. Watson-Lowry also recommends avoiding excessive use of alcohol-containing mouth rinses.

Oral cancer is detected via a biopsy that includes removing all or part of the growth. The sample is sent to a lab where the cells are examined. If the growth is malignant, oral cancer may be treated with surgery, radiation therapy, chemotherapy or a combination of the aforementioned.

"Adults may be able to reduce

the potential for oral cancer by practicing good oral hygiene, by having your dentist or physician check your mouth regularly for skin lesions (sores) and abrasions and by adopting healthful lifestyle—one that does not include tobacco use and limits alcohol consumption," said Dr. Watson-Lowry.

"Knowing the risk factors and taking steps to prevent precancerous lesions from developing can go a long way toward limiting the influence oral cancer can have on your life," said Dr. Watson-Lowry. "Visiting your dentist regularly is a crucial step to maintaining your oral health."

Contact the Chicago Dental Society at www.chicagodentalsociety.org for more information regarding oral cancer and other oral health issues.

Concern . . .

Continued from Page 8

in the office and in the field. During October The Center of Concern's shared housing program will be featured in a display case at the Indian Trails Library on Schoenbeck Road in Wheeling.

All of these activities take place at The Center of Concern's offices at 1580 N. Northwest

Hwy., Park Ridge, unless otherwise noted. Please call (847) 823-0453 to make an appointment, to join a support group, or for more information. The Center of Concern is a non-profit agency serving the needs of area residents since 1978.

Though I am not naturally honest, I am so sometimes by chance.

—William Shakespeare, *The Winter's Tale*

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Early detection key to survival

The Cook County Department of Public Health (CCDPH) reminds women that early detection is key in the fight against breast cancer. The month of October has been designated as National Breast Cancer Awareness Month and Friday, October 19, is National Mammography Day.

Mammography, an "x-ray" of the breast, is the single most effective method of detecting breast changes that may be cancer, long before physical symptoms can be seen or felt. Typically, mammography screening begins at age 40 and should be repeated routinely. Since risk factors vary in everyone, the exact frequency of screening should be determined by each woman and her doctor. Combined with mammography, women should practice monthly breast self-examination to alert them of any breast changes that may signal the need for medical care.

"Breast self-examination and mammography screening should be a part of every woman's regular health care practice," said Dr.

Karen L. Scott, CCDPH Director. "Early detection and prompt treatment can substantially reduce the pain and anguish caused by this disease."

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Dining / Entertainment

Niles Concert Choir
Fall Festival of Music

The Niles Concert Choir will host a Fall Festival of Music on Sunday, November 4 from 4 til 7 p.m. in St. Martha's Church Auditorium, 8523 Georgiana Avenue in Morton Grove. The centerpiece of the event will be a Choral Program performed by a 300+ Voice Choir composed of singers from various choirs in nearby

communities performing a selection of Choral and Patriotic Classics. There will also be a Silent Auction and Cash Raffle!! Free Hors d'oeuvres and Desserts!! Cash Bar!! Great Fun and Fellowship!! No Charge for Admission!! We invite you to join in the Fun and Festivities. For further info call (847) 965-7128.

Carl Sandburg's stories
at Steppenwolf

Wishes, Suspicions and Secret Ambitions: The Stories of Carl Sandburg, the story of Carl Sandburg's life using drama, dance, song, puppetry, and poetry conceived and directed by Ann Boyd, begins public performances in the Steppenwolf Studio Theatre on Friday evenings at 7:30 p.m. and Saturday afternoons at 1 p.m. from October 5 through November 3, 2001, except there will be no performance on Saturday, October 6, 2001. Weekday student matinees run Tuesdays through Fridays at 10 a.m. from October 2 through November 2, 2001. All tickets are \$10.

"Most of us have encountered the words of Carl Sandburg through his poetic descriptions of the city of Chicago as 'Hog Butcher to the World' and 'City of the Big Shoulders,'" says Jessica Thebus, director of the Arts Exchange Program. "Now, with *Wishes, Suspicions, and Secret Ambitions*, we will experience the full range of Sandburg's genius, from the playful *Rootabaga Stories* to the American folk music he loved, from his impassioned love letters to his incisive political commentary. Ann Boyd has woven together all of the ele-

ments of Sandburg's artistic life so that his dramatic creative journey as a spokesman for the American people and the city of Chicago is revealed."

In Carl Sandburg's world, words are full of mystery and characters crackle with magical possibilities. *Wishes, Suspicions and Secret Ambitions* celebrates Carl Sandburg - keen observer,

poet of the people, and folk hero - and his place in the literary history of Chicago. Sandburg's politics, poetry, music, and *Rootabaga Stories* are brought to life in a play that interweaves drama and dance, song and puppetry to evoke the rich language, imagery and provocative ideas of Sandburg's life and work.

'Morning Star' rises
at Niles North

There is no need to consult a telescope in order to catch some of the brightest young stars around. Simply make plans to see the fall play *'Morning Star'* to be held at 7 p.m. October 19-20 in the auditorium at Niles North High School, 9800 N. Lawler, Skokie. Tickets are \$9. To reserve tickets, please call the Box Office at (847) 568-3424. A no charge community performance will be held at 10 a.m. on Thursday, October 18.

'Morning Star,' by Sylvia Reagan, is considered a lost masterpiece. The play debuted in 1940, but subsequent world events at the time dampened the public's enthusiasm for theater and

'Morning Star' languished in obscurity until the Steppenwolf Theatre brought it to the stage in 1998.

The story begins in 1910 on the lower east side of New York. *'Morning Star'* follows the trials and tribulations of a Russian-Jewish immigrant family in their adopted homeland of America. Though *'Morning Star'* is set against the events of its time, such as the Triangle Shirtwaist Factory fire, Marxism, the American Labor Movement, World War I and the Great Depression, its themes are still very relevant today. Family loyalty vs. personal goals, changing values in changing times, and the struggle to maintain integrity when faced with ambition are still issues that families must deal with today.

The cast for *'Morning Star'* is as follows: Anna Schutz as Fanny; Jihan Sebaaly as Becky Felderman; Alex Goldberg as Aaron Greenspan; Jill Harris as Esther; Christopher Taylor as Hymie (Boy); Zachary Zirlin as Harry Engel; Maureen Jacob as Sadie; Pushkar Sharma as Irving Tashman; Ari Lorge as Benjamin Brownstein; Joey DeBettencourt as Myron Engel; Ian Parry as Hymie (Young Man); Yunhee Im as Pansy; and Brandon Taylor as Hymie Tashman.

The play is directed by Timothy Ortmann. Jessie Herbach is the stage manager. For more information on *'Morning Star'* please contact Timothy Ortmann at (847) 568-3421.

Wed., Oct. 27

JAZZ AT CHAMBERS
Evening music at Chambers Restaurant, 6000 N. Milwaukee, Nightly at 8 p.m. Two drink minimum, 966-1234.

Niles West
presents "The Grapes of Wrath"

The Niles West Theater Department will present Frank Galati's adaptation of John Steinbeck's powerful and deeply moving classic "The Grapes of Wrath" on October 18-20 in the Robert L. Johnson Auditorium at 5701 W. Oakton, Skokie. Follow the

Continued on Page 11

Dining / Entertainment

NEIU presents Jewel Box Concert Series

December 21—The Honigberg Duo

Cello Steven Honigberg and pianist Carol Honigberg are among the most successful contemporary musical collaborations. They have appeared together throughout the United States at such venues as the U.S. Holocaust Memorial Museum, the Phillips Collection, George-

town University and the Dutch Embassy in Washington, D.C. Their recording of Beethoven's complete works for cello and piano is a first by a mother and son duo. The program includes Chopin's *Polonaise Brillante* and *Cello Sonata*, Beethoven's *Sonata No. 4* and works by Leo Weiner, Robert Stern and Ernst Toch.

January 18—Vienna Waltz Ensemble

Bassist Greg Sarchet, an NEIU faculty artist, formed the Vienna Waltz Ensemble with violinist Clara Lindner and Carl Johnston. The ensemble performs unique Viennese dance music by Haydn, Rossini and Strauss, as well as lesser known composers. This music, previously heard only in central European society of the 19th century, still proves to be fresh, romantic and exciting.

February 15—PINOTAGE

Formed in 1998 PINOTAGE is a modern quartet specializing in works written after 1900. Members Alison Attar, harp; Julia Bentley, mezzo-soprano; Claudia Lasareff-Mironoff, viola; and Janice MacDonald, flute, perform "Love Songs and Poetry" featuring poetry by Berio and Takemitsu along with new works written for PINOTAGE.

by Chicago composers.

March 15—Rugieri Trio

An evening of music by Beethoven, Schubert and Brahms is presented by the Rugieri Trio. Members are Richard Hirschl, NEIU faculty artist and cellist for the Chicago Symphony Orchestra (CSO); Milana Pavchinskaya, pianist; and David Taylor, violinist and CSO Assistant Concertmaster.

April 19—Chicago String Quartet

Founded in 1995, the Chicago

String Quartet, the resident string quartet of the Chicago Chamber Musicians, performs music by Mozart, Bartok, and Beethoven. Quartet members are Jasmine Lin and Joseph Genuardi, violins; Rami Solomonow, viola; and Christopher Costanza, cello.

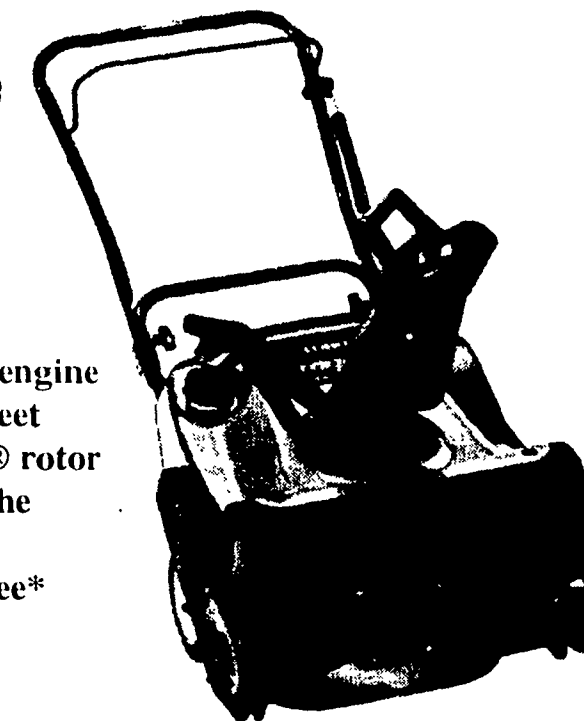
May 10 — The Vermeer Quartet

The Vermeer Quartet returns to the Recital Hall for its third appearance in the series. Shmuel Ashkenasi, first violin; Mathias

Tacke, second violin; Richard Young, viola; and Marc Johnson, cello, originally hail from Israel, Germany, New York and Nebraska, providing a unique blend of musical and cultural backgrounds. The *Chicago Tribune* states "Here was music-making of the most passionate kind, in which eloquent playing was brightened by brilliant technique and tempered by a heightened sense of taste." This special concert concludes the 2001-2002 season.

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Dining / Entertainment

Roosevelt University presents *Romeo and Juliet*

The Theatre Conservatory at Roosevelt University's Chicago College of Performing Arts will kick off the 2001-2002 theatre season Oct. 19, 20 and 21 with a production of William Shakespeare's timeless classic, *Romeo and Juliet*.

This most famous love story, which explores how young love can survive a world of violence and intolerance, is being directed by Joel G. Fink, the associate dean of the Chicago College of Performing Arts and director of The Theatre Conservatory. The production's original musical score has been written and produced by guest artist Richard Thomas.

"For 400 years *Romeo and Juliet* has held the stage, examining the heartbreaking question of how young love can possibly survive in a world steeped in violence," said Fink. "The staging of this production is truly timely - given what's happening in our world today."

Made possible in part by a gift

On May 26, 1959, Joe Adcock of the Milwaukee Braves hit a home run with two men on base in the bottom of the 13th inning of a scoreless game. But because Adcock passed another runner on the basepaths, he was only credited with a double, making the final score 1-0.

from the Lerner Group, *Romeo and Juliet* will be performed at 7:30 p.m. Friday and Saturday, Oct. 19 and 20, and at 2 p.m. Sunday, Oct. 21, in Roosevelt's new and improved seventh-floor O'Malley Theatre, 431 S. Wabash Ave.

Tickets are \$10 for general admission and \$6 for students and senior citizens and may be purchased at the Roosevelt University theatre office in Room 780 or by calling (312) 341-3719. Tickets also can be purchased one hour prior to the show at the O'Malley Theatre box office.

This year's theatre season opens in the new and improved 240-seat O'Malley Theatre, where \$400,000 in major improvements have been made, including new seats, floor treatments, lighting, catwalks and a new makeup and costume facility.

"With the many improvements now completed in O'Malley, this theatre season is sure to be our best ever," said Fink.

'Piano Jazz'

The University of Chicago Department of Music announces that the critically acclaimed "host of NPR's Piano Jazz" (the longest-running entertainment show on public radio)—Marian McPartland will be appearing at Mandell Hall on Saturday, October 20th, 2001 at 8 p.m. in a tribute concert to her husband, the famous king of Chicago Style Dixieland Swing, cornetist Jimmy McPartland. "We'll play some of the old songs that Jimmy made famous and generally celebrate his life," says Ms. McPartland. "Jimmy was my husband but he was also one of the truly great jazz players to come out of Chicago or anywhere. I love playing these old songs and the best way I can remember my husband is with music."

One of the most memorable careers in jazz began at The Guildhall School of Music in London, where a young classically trained pianist Margaret Marian Turner, had fallen hopelessly in love with her sister's boyfriend's jazz recordings. Lured by the piano style harmonies of Duke Ellington and turning down her father's 1,000 pound offer to continue her studies, 19 year old Marian went off

and joined the vaudeville circuit, changing her name to Marian Page to avoid causing family embarrassment.

During World War II, Marian joined the USO where she met cornetist Jimmy McPartland in Eupen, Belgium. He was famous, but she had never heard of him. "My first sight of Jimmy was across a tent. A bunch of musicians were doing a big jam session for his arrival in the camp. I sat in." Later he told her what he thought at the time: "Who's the chick rushing the beat?" Jimmy's commanding officer pulled together a juggler, singer, tap dancer, a bearded and sequined Marian, a bass player, drummer and Jimmy—forming a band that went out every day in a very uncomfortable weapons carrier to perform for the troops in the front lines. Shortly thereafter Jimmy and Marian married in Aachen, Germany and in 1946 the McPartlands returned to the U.S. where Marian played with her husband's quintet in Chicago before forming and opening with her own trio of Bill Crow, bass and Joe Morello, drums—1950 at the New York Embers Club. Soon becoming New York's "first lady of jazz piano" with an extended engage-

ment on 52nd Street making the world renowned Hickory House her home base. "Without Jimmy encouraging me, pushing me, introducing me to everybody, I don't think I would have got off the ground," says Marian.

Ms. McPartland will be accompanied by an all star Chicago lineup including her regular bassist Jim Cox; a beloved Chicago treasure others know as the legendary saxophonist of Fletcher Henderson's band, Frank Jackson; the sweet and lyrical trumpet of the prolific Southport Recording Artist, Bobby Lewis; the slide master, trombonist Russ Phillips and the consummate drummer of choice, Charlie Braugham.

Come join us in celebration with the "coolest woman in jazz," Marian McPartland, in a Tribute to her late husband Jimmy. Saturday, October 20th, 2001 at 8 p.m., in Mandell Hall, 1131 East 57th Street at the University of Chicago. Tickets are: \$10 for students and \$30 general admission.

For more information visit: <http://music.uchicago.edu/mepartland>. For reservation please call: The Marian McPartland concert Line: (773) 834-7966.

Boy Scout Spaghetti Dinner

Boy Scout Troop #175 will have a Spaghetti Dinner complete with trimmings, beverage included. Saturday, October 20, 2001, serving dinner from 4:30 p.m.-8 p.m.

St. John Brebeuf School's Flanagan Hall, 8307 N. Harlem, Niles, IL.

Advance Ticket Prices:
\$4 for Adults
\$3 for Seniors
\$2 for children (ages 3-10)
Free for children under 3 years old.

Ticket Prices go up \$1 at the door!

Ticket Information call David Okun at 847-470-8408 or Dorothy O'Neill at 847-967-6996.

Troop 175 is sponsored by St. John Brebeuf Holy Name Society & Knights of Columbus Council 4338.

2001 JazzCity series

October 19 - Big Band/Big Dance, McKinley Park, 2210 W. Pershing; Marshall Vente's Project Nine.

November 9 - Sonidos Calientes, Pulaski Park, 1419 W. Blackhawk; Mofongo Society Marching Band.

December 7 - Big Band/Big Dance, Portage Park, 4100 N. Long Ave.; TS Galloway Big Band.

All programs are free and open to the public - seating may be limited. For more information, please call (312) 427-1676.

'Inland Romance' at Oakton

Don't miss the last performances of *Inland Romance*, a celebration of the indomitable spirit of Chicago inspired by the vibrant, urban painting of John Himmelfarb.

Performed against a backdrop of the artist's work on exhibit at Oakton Community College's William A. Koehnline Gallery, *Inland Romance* features the words of some of Chicago's greatest writers, including Nelson Algren, Carl Sandburg, Studs Terkel and Mike Royko. Conceived and directed by Karol Verson, this original produc-

tion integrates several performance techniques, including improvisation, reader's theater and character monologues, in tribute to the "City of the Big Shoulders."

Performances are scheduled at 8 p.m. on Saturday, Oct. 20 and at 2 p.m. on Sunday, Oct. 21. Tickets at \$8 general admission and \$5 for students and seniors may be purchased at the door or in advance by calling the Oakton Box Office at (847) 635-1900. For group discounts, call (847) 635-1457.

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RETIREMENT HOME AND NURSING HOME GUIDE



Information Guide

Enjoying The Retirement Years

Guide to:

- Retirement Living
- Assisted Living
- Extended Care



Extended Care And Activities

Retirement / Nursing Home

Social Security/Medicare forum

Seniors concerned about Social Security and Medicare have a new weapon for protecting their earned benefits, the TREA Senior Citizens League (TSCL) Speakers Forum. It has facts on important current issues such as:

- whether Social Security recipients receive a fair Cost-of-Living Adjustment (COLA),
- why seniors who turn 75 through 84 this year receive \$1,000 per year less in Social Security benefits than other seniors with comparable work records,
- what private retirement accounts mean for current Social Security recipients, and
- what can be done to make prescription drugs more affordable.

TSCL is a national group of politically active seniors. The organization is non-partisan.

"The only side we take is that of American seniors," declares Virginia Torsch, TSCL's

Director of Legislative Affairs. TSCL speakers address Social Security Notch Reform, explain why seniors need their own Consumer Price Index for determining COLAs, discuss the status of tax reform legislation that seeks to repeal taxes on Social Security benefits. TSCL speakers also address the growing crisis in long-term care and proposed Medicare reforms.

Seniors can also sign up for a free Social Security and Medicare newsletter via e-mail, allowing them to benefit, as well as how to get more out of the programs.

The free newsletter arrives via e-mail about every two weeks and contains useful information of interest to older Americans, such as:

- Easy to understand explanations of new and existing Medicare rules so you get the maximum coverage.
- Tips to steer you through the

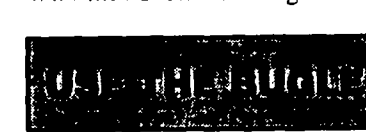
naze of regulations surrounding Social Security and Medicare (plus updates and in-depth news on Notch legislation now before Congress).

- Helpful hints on senior health and financial topics so you can live better.

- Money saving advice—including tips from some of the 400,000 older Americans who already enjoy the newsletter.

In addition to easy-to-forward articles, the newsletter also contains links to the TREA Senior Citizens League Web site, with other articles of interest, surveys and e-mail addresses of Congress members.

To sign up for the newsletter at no cost and with no obligation, visit the Web site at www.newsletter.tscl.org.



Seniors: Prepare For PAD

A recent survey by the National Council on the Aging found that most older Americans know little about a serious and prevalent medical condition called peripheral arterial disease (PAD).

Without treatment, those with PAD are at a significantly increased risk for stroke or heart attack. However, more than half of those in the survey said they are not at all concerned about getting PAD.

The disease is characterized by blockage of the arteries in the legs and sometimes in the arms due to plaque formation. The most common symptom is leg cramping, tightness or fatigue during routine exercise that may go away with rest.

"If you are experiencing these symptoms, you should ask your doctor to test for PAD," says James Firman, EdD, NCOA president and CEO. "It can save your life."

PAD is identified by a simple test comparing blood pressure readings from a patient's arm and ankle.

The NCOA is a national voice and powerful advocate for public policies, societal attitudes, and business practices that promote vital aging.

Paying For Long-Term Care

A recent study found a growing number of Americans expect to take responsibility for their long-term care (LTC) needs.

The study, commissioned by the Health Insurance Association of America (HIAA), reported most people over age 55 do not believe the government will pay for their long-term care within the next ten years.

Despite the findings, experts caution that too few Americans have actually made the necessary plans and arrangements for their LTC needs and the LTC needs of their loved ones.

To help people assure their LTC needs will be met—without forcing them into bad options or driving them into bankruptcy—analysts recommend LTC insurance. The insurance can help:

- Bring peace of mind about the future
- Keep policyholders, or their loved ones, in their own homes, instead of nursing homes
- Get access to home care or care in an assisted living facility
- Ease the physical and emotional burdens often felt by family caregivers.

Niles Senior Men Brunswick Bowl

Wed., Oct. 3, 2001			Team 21		
TEAMSTANDINGS	W	L	Team 4	12	23
Team 6	24	11	Team 5	12	23
Team 9	23	12	Team 8	11	24
Team 12	22	13		9	26
Team 11	21	14	"HOT SHOTS"		
Team 22	21	14	Bob Selzer	566	
Team 13	21	14	Joe Machina	563	
Team 18	20	15	Stanley Bandoor	559	
Team 14	20	15	Ken Daluga	557	
Team 3	20	15	Ray Munges	556	
Team 15	18	17	Tom Healy	555	
Team 16	18	17	John Daly	541	
Team 2	18	17	Joe Kucan	541	
Team 7	18	17			
Team 20	17	18	ALL MEN COME AND HAVE FUN EVERY WEDNESDAY 12 NOON AT NILES BRUNSWICK BOWL.		
Team 1	17	18			
Team 17	16	19			
Team 10	15	20			
Team 19	12	23			

Oakton explores foreign relations

Explore current topics of interest around the world by enrolling in Passport to the World, a lecture series offered by Oakton Community College's Emeritus Program.

Rajiv Pandit, a doctor of medicine, presents "Kashmir: A Country Divided" on October 25. Pandit, a native of Indonesia, examines the historical roots of the Kashmiri conflict, using his own experiences to illustrate.

Michael Khodarkovsky, history professor at Chicago's Loyola University, discusses the cultural influences neighboring countries have had on Turkey's past and modern societies in his November 1 lecture, "Turkey: East, West Crossroads."

William Taylor, professor and chair of political science at Oakton, examines where the current relations stand with warring Israel and Palestine, as well as America's involvement in his November 8 lecture, "Middle East."

In his November 15 presentation, "U.S./African relations in the Post-Cold War Era," Clement Adibe, professor of political science at DePaul University, discusses how America's foreign policy with Africa has progressed

over the past fifteen years.

"U.S./China Relations in This Century," a discussion of America's changing economic policy with China is presented by Scott Satterfield on November 29. Satterfield is an international businessman in the Asia-Pacific region.

Sara Hughes, political professor at Northwestern University presents the final lecture on December 6, entitled "The World According to George W. Bush." Hughes will discuss how Bush has changed the foreign policy landscape and explore his views on globalization and national security.

Students age 60 and older who live in Oakton's district pay \$45 for the series of nine lectures. Students under age 60 and those who live out of district pay \$50. Proof of age and residency must be provided at registration. For more information, call (847) 635-1414.

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Retirement / Nursing Home

Bethany Terrace scores 100 in tough accreditation program

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) has awarded a score of 100 to renew the accreditation of Bethany Terrace Nursing Centre, 8425 N. Waukegan Rd., Morton Grove.

The score places Bethany Terrace within the top 4 percent of

long-term care organizations nationwide and indicates substantial compliance with all standards set forth by the Joint Commission, according to JCAHO representative Marianna Kern Grachek, R.N., C.N.H.A., M.S.N., C.A.L.A., Executive Director of the JCAHO's Long-Term Care Program.

The Commission's accreditation is sought by about 2,800 such organizations, and reviews are conducted every three years. This is the second consecutive triennial survey in which Bethany Terrace has scored 100.

"The thanks and praise for this achievement goes to every member of our staff," said Bethany Terrace Administrator Ken Kolich. "Our employees and volunteers have worked hard to achieve this recognition, and all the credit is theirs."

Bethany Terrace staff were honored for their contributions with a special Employee Appreciation Day, held following the August Joint Commission review.

Accreditation involves close inspection of an organization's resident-focused functions as well as its business operations. "Standards for accreditation exceed federal and state requirements," explained the JCAHO's Grachek, "and because this is a voluntary program, accreditation represents a decision by Bethany Terrace to be recognized for its efforts to provide quality care."

Bethany Terrace Nursing Centre has been providing its residents with the best and most advanced care in a home-like setting for more than 35 years.

Residents enjoy musical programs, arts and crafts exhibits, visiting pets and shopping excursions on a regular basis. This commitment to excellence and depth of experience have positioned Bethany Terrace as one of the most knowledgeable health

care organizations in the greater Chicago area.

Bethany Terrace Nursing Centre is located at 8425 N. Waukegan Rd. in Morton Grove, south of Dempster and north of Oakton. For more information about Bethany Terrace, please call (847) 965-8100.

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Lydia and Otto Kenz



Resident Lydia Kenz dances with her husband Otto Kenz of Morton Grove during the recent Grandparent's Day celebration at Bethany Terrace Nursing Centre. The annual Ice Cream Social attracted residents, their families and friends of all ages. Bethany Terrace Nursing Centre has been providing its residents with the best and most advanced care in a home-like setting for over 35 years. This extensive experience has positioned Bethany Terrace as one of the most knowledgeable organizations in the greater Chicago area. Bethany Terrace Nursing Centre is located at 8425 N. Waukegan Rd. in Morton Grove, south of Oakton and north of Dempster. For more information about Bethany Terrace, please call (847) 965-8100.

formation about Bethany Terrace, please call (847) 965-8100.

How Can Our Family Help Yours?



Any family caring for a loved one living with Alzheimer's has at some time been in need of help or advice.

Now, that help is within reach.

Bethany Terrace Nursing Centre's A.D.A.P.T. (Alzheimer and Dementia Assistance Program of the Terrace) helps you, the *at-home caregiver*, to explore the available home-care options for your loved one with Alzheimer's, to enable them to remain at home as long as possible.

To learn more about A.D.A.P.T., at no cost or obligation, or to receive a brochure, please call (847) 965-8100.

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Who takes care of the caregiver? We do!

It is estimated that there are over twenty-five million family caregivers in America. Over three-fourths of these caregivers are women between the ages of thirty-five and seventy. Most juggle careers, children, family demands and personal health concerns. Almost half have been caregiving for ten or more years. Many develop depression and physical symptoms such as headaches, stomach disorders and loss of sleep. Businesses suffer, losing millions of dollars each year due to employee time-off for caregiving.

Caregivers need to be in top physical and emotional health in order to provide quality and consistent care to a loved one. Remembering that you as a caregiver have a life outside the caregiving arena is vital to your well-being. Family caregivers need to be assertive and ask for help.

United Methodist Community Support Services offers safe and supportive services to older adults and respite care for those families who are providing care to a loved one. Our goal is reliable and quality home care, so that an older adult or a family member can have reassurance and peace of mind that their needs are being

Investment talk at Norwood Park Home

Are you asking yourself how to weather a fluctuating economy without losing your assets? Or how can I safely allocate my investments to minimize any losses? Or how should I safely divide my investments between the many choices that are available? If these or other questions are on your mind, the Timely Talk, "The Importance of Diversifying Investments," may provide the answers.

This special program will be held at 2:30 p.m., on Wed., Oct. 17 at Norwood Park Home, 6016-20 N. Nina Ave. in Chicago. It is free and open to the public.

The seminar will be presented by Joanna Korhonen, relationship-banking manager at LaSalle Banks. Three senior relationship bankers, Helen Hyre, Angeline Tsirbas-Diaz and Francesca DiMaio along with investment representative Steven Sperling also will participate, offering guidance and answers to specific questions during and after the program. They will focus on three different annuities—AIG, GE Capital and John Hancock, all tax-deferred investments with higher yielding interest rates, special features and benefits. Handouts will be available and refreshments will be served.

For more information regarding this event, upcoming Timely Talks or the Norwood Park Home, call Lynn Mitsui at (773) 631-4856, ext. 2622.

met and that there is time for other activities.

United Methodist Community Support Services is also a resource for other programs and services in the community. Our staff members are available to visit churches, senior groups, or places of employment to present information on what questions you should be asking when looking for services for an older adult. There is no charge for us to give presentations of this nature. We are community based and our mission as a non-profit, non-sectarian organization is to offer

services supporting older adults throughout the aging process.

Trying to keep a sense of humor and a sense of self will help create a balanced world for caregivers and those they provide care to. Knowing we are making a positive difference in the life of a loved one makes a significant impact in the family caregiver's life as well.

Please call United Methodist Community Support Services at (773) 769-5270 for more information or to schedule a time for a group presentation. We welcome all inquiries.

Surviving the loss of a spouse

This six-week support group helps individuals who have lost their spouse cope with the loss and adjust to life changes. Topics will include: dealing with loneliness; living life as a single person; and determining "where do I go from here?"

Open to all, "Surviving the Loss of a Spouse" will be held on Thursdays, 4 to 5:30 p.m. through November 15 (not November 8) 2001, at the Jewish

Family and Community Service Northern District, 2710 West Devon Avenue, Chicago. The \$60 series fee is adjustable, if needed.

"Surviving the Loss of a Spouse" is a program in the Family Life Education Series sponsored by Jewish Family and Community Service. For more information call Susan Livingston, MSW, (773) 274-1324.

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Retirement / Nursing Home

A new partner in home care for the elderly

With 80 percent of middle-age couples having at least one living parent, many people are learning to adjust to the reversing roles of child and parent by confronting the demands of caring for those who once took care of them.

There are more than 25 million family caregivers in America, according to the National Family Caregivers Association (NFCA). American Demographics reports that 73 percent of these caregivers are women. Most toil without respite. They struggle to cope with the exhaustion, loneliness, mental and physical demands, and the heart-break of watching loved ones grow weaker.

Adult daughters typically assume the major responsibilities for parent caregiving. For most women, these duties are added to an already full roster at home, at the office and in the community. Women frequently report that they sacrifice their personal time, privacy, peace-of-mind, freedom and personal plans to assist elderly parents. Some people assume the responsibility because they feel able and willing. Others are bound by duty.

Help is now available for families who struggle to cope with

the mental and physical demands of caregiving. Many are now drawing upon a new community-based service called Home Instead Senior Care. "We represent an important support resource that provides respite care for often stressed and over-worked family caregivers," said Jackie and Michael Melinger, owners of the Home Instead Senior Care franchise business serving Northern Chicago and the Northern Suburbs of Cook County.

The company provides an affordable solution for older individuals or couples capable of managing their physical needs, but who require non-medical assistance such as companionship, meal preparation, incidental transportation, light housework, and errands and shopping, to remain at home.

According to Melinger, Home Instead Senior Care's services can be arranged for a few hours a week and up to 24 hours a day. Short-term assistance or longer-term care is available seven days a week, including holidays.

When a potential client contacts the company, Melinger will arrange a meeting with the client and his or her family to discuss

their needs. "Cost is on an hourly basis," Melinger said, "so hours can be decreased or increased based on changing needs."

The company's CAREGivers are carefully selected individuals who are screened, trained, bonded, insured and who have successfully cleared criminal background checks.

"Special attention is given to matching our CAREGivers with clients to achieve the utmost compatibility," Melinger said.

Clients' homes are furnished with a log book in which the Home Instead Senior CAREGivers document the service they perform on each visit. "This process not only informs other CAREGivers who may be working with the client, but enables family members to monitor the care and a broad array of day-to-day companion and home care services we provide," Melinger added.

For more information about how Home Instead Senior Care works with local social organizations and community-based groups on behalf of the elderly, call (847) 673-1250 or visit the company's Web site at www.Homeinstead.com.

SJB Golden-Agers join in prayers

Members of the St. John Brebeuf Golden-Agers Club began their September 18 meeting with prayers for all the victims of the September 11 tragedy and their families and friends. After a minute of silent reflection, the club resumed its scheduled activities.

One of these events was a wonderful picnic held that day in Flanagan Hall. Members thoroughly enjoyed lots of luscious food, provided by Kissane Catering, which was followed by lots of finger licking and much lip smacking! Afterward, everyone played games and had fun trying to win the prizes.

Golden-Agers marking wedding anniversaries during the month of August include:

Matt and Florence Araszewski.

Ted and Emma Lesniak September anniversaries were celebrated by:

Albert and Angela Cassettari, James and Lorraine Jacques, Theodore and Helen Vacura. Congratulations and best wishes to all!

Another round of applause to Millie Licitra, the club's Sunshine Lady, who became a great-grandmother again, with the birth of Anthony Xavier Sulla, at six pounds, eight ounces. Equally proud parents are Michael and Christine Sulla. Millie has been blessed seven times with great-grandchildren!

During the latter part of August, Shirley and Bob Bianchi visited Disney World in Florida, where they and their family had a marvelous time. All their children and grandchildren (15 in the party!) were delighted to meet with Mickey and Minnie Mouse and the Princess in her castle. The little folks - and the big folks, too - can't wait for their next visit!

Nick Saviano, stepgrandson of Marie Argyrakos, lent his superb

voice to the entertainment provided at St. John Brebeuf's recent parish festival. Nick attended St. John Brebeuf's school, and his mother helped to put on shows for the parish years ago. Vive la voice, Nick!

Adrian and Leona Galassi are popping their buttons over their grandson, Robert A. Galassi, who attained the highest award of scouting - that of Eagle Scout. At a court of honor, held August 25 in Flanagan Hall, Robert received his Eagle Scout Neckerchief. To achieve this honor, Robert chose as his Eagle Scout project the renovation of Flanagan Hall, undertaken with the help of and donations from many people. The hall's facelift included: replacing the ceiling tiles with new ones, cleaning the wood panels, washing the brick areas and repainting the painted areas. Whew! Robert, who is a sophomore at Notre Dame, is as proud of the shining, gleaming work as his parents and grandparents are of him. Take a bow, Robert! Take two!

Dolores Gruzynski attended the dedication of the New Science and Technology Center at Notre Dame on Sunday, September 9. She was honored and thrilled to spend time with Francis Cardinal George, who officiated at the ceremony.

On November 1, club members will enjoy the music of Franz Bentler and the Royal Strings as they perform pop and light classical music at Rosewood's Restaurant in Crestwood, Illinois. Franz will don a white tuxedo for the occasion. A meal is included in the \$40-a-person event.

All members should mark their calendars: the Golden-Agers annual bake sale is scheduled for November 17 and 18. So members don your toques - and get ready to bring (and buy) lots of goodies!

Retirement / Nursing Home

Niles Senior Men Bowling League

Wed., Sept. 26, 2001

TEAMSTANDINGS W L

Team 6	21	7
Team 13	19	9
Team 3	17	11
Team 12	17	11
Team 9	16	12
Team 15	16	12
Team 7	16	12
Team 11	16	12
Team 22	16	12
Team 14	16	12
Team 20	15	13
Team 16	15	13
Team 18	15	13
Team 2	14	14
Team 19	12	16
Team 10	12	16
Team 1	12	16
Team 17	12	16
Team 21	10	18
Team 4	10	18
Team 5	6	22
Team 8	5	23

"HOT SHOTS"

Bob Selzer	582
Joe Machina	568
Ken Iltter	558
Reynaldo Dychango	556

Free senior citizen bingo party

Bingo Committee Chairman, Tom Bondi, is pleased to announce a free Senior Citizen Bingo Party to be held at the House of the White Eagle, 6845 North Milwaukee Avenue, in Niles, on Wednesday, October 24, 2001.

Mayor Nicholas B. Blase, in conjunction with Maine Township Regular Democratic Committeeman Andrew Przybylo, are co-sponsors and supporters of this popular event, being offered free to all senior citizens residing in the Village of Niles or Maine Township.

Doors will open at 11:30 a.m., and the games will start at 1 p.m. There will be prizes and free refreshments served. A King and Queen will be selected to reign over the day's activities and each will receive a cash award.

Tickets can be obtained at local senior citizen clubs and also at 8074 North Milwaukee Avenue, in Niles.

For more information, please call (847) 692-3388.



It takes from 10 to 15 days of drying in the sun to make a sun-dried raisin.

Walley Parison	554
Ron Bulfo	552
Larry Guzan	550
Joe Churchill	547
Herb Palm	545
Ray Muntges	543

NILES SENIOR MEN'S BOWLING LEAGUE NEEDS BOWLERS. COME AND HAVE FUN ALL WEDNESDAYS 12:30 P.M. AT BRUNSWICK BOWL.

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MICKEY SKAJA

JACK SKAJA

JIM SKAJA

BUD SKAJA JR.

JOHN SKAJA

ERIC SKAJA

GORDON WOJDA

MARK CIOLEK

Tips on the Art of Mentoring

"Being a mentor, a friend, a role model, an advisor and a person who lends support requires the wisdom to lead, follow and get out of the way," says Dr. Shirley Peddy, an accomplished, enthusiastic inspirational speaker. Dr. Peddy is the author of *The Art of Mentoring* and Managing Director of Learningconnections, a business consulting firm established in 1994, based in Corpus Christi, Texas. Her business focuses on mentoring communication and teaching the un-

spoken rules that help people prosper, especially in today's challenging business environment.

On October 17, Dr. Peddy will deliver the keynote address at a luncheon sponsored by the Chicago Women in Philanthropy (CWIP) at the Hyatt Regency Chicago. This is part of CWIP's effort to help women in the non-profit world to rise to leadership positions and develop and deliver effective messages within their organizations about the im-

portant issues that affect women and girls. Dr. Peddy will share her insights into mentoring during her talk as part of an afternoon workshop. Registration will begin at 11:45 a.m. with lunch at noon. The 90-minute workshop will begin at 2 p.m. Participants may sign up separately for the luncheon and workshop.

Individuals interested in attending the luncheon and workshop should call Susan Gidley at (312) 409-4005.

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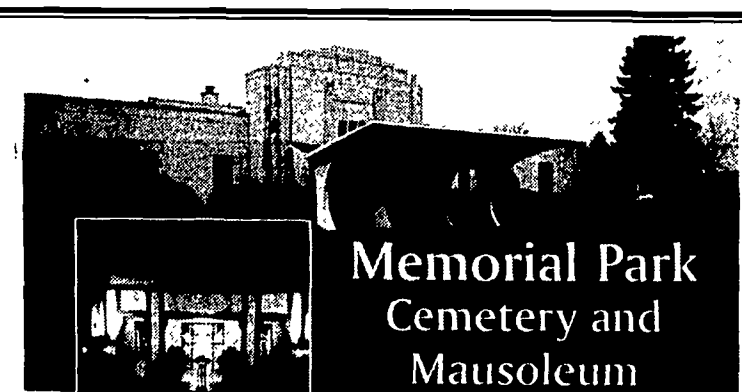


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How to Care for an Aging Loved One

Statistics show that more than half of the U.S. population will one day need long-term care. Such care is provided when someone lacks the ability to independently carry out essential everyday activities like eating and bathing.

Caring for an aging loved one is a difficult task. Many people automatically think of nursing homes when they think of long-term care. Deciding whether your loved one needs to enter a nursing home may be one of the toughest decisions you'll have to make.

Nursing homes provide around-the-clock care that is usually beyond the physical and

emotional resources of families and friends. However, nursing homes can cost up to \$50,000 a year. Here are a few other options:

- **Independent living.** Your loved one stays in his or her own home and provides for himself or herself. You oversee the situation and offer assistance and guidance when necessary.

- **Assisted living.** Your loved one lives independently in a facility that provides additional support, such as light housekeeping and daily meals. The facility may or may not have a nursing care option for residents who become ill. Residents also may receive

help with daily activities like eating, bathing and dressing.

- **Retirement communities.** These communities provide a range of housing and health care options from independent living to 24-hour skilled nursing care. Many also offer intermediate assisted-living options.

- **Home health care services.** This option includes a multitude of medical and personal services provided in your loved one's home, making it possible to retain a measure of independence and receive care in a comfortable, familiar environment.

Here are some questions to ask yourself before deciding how to care for an aging loved one:

1. What is the best living situation for my loved one mentally, physically and financially?

2. How will we pay for long-term care? Long-term care is so expensive that many people risk losing their life savings.

3. What does our insurance cover? Most policies cover all levels of care in state-licensed nursing homes. Many also cover assisted living and home health care.

For more information on how to care for an aging loved one, order the free Life Advice brochures "Caring for an Aging Loved One," "Nursing Homes" and "Long Term Care" by calling 1-800-638-5433.

Niles Senior Citizens 588-8420 - 588-8000

NILES SENIOR CENTER REGISTRATION

The Niles Senior Center offers FREE membership to Village of Niles residents, age 62 and over, and their spouses. To register for classes, trips, or purchase tickets, you must be a member of the Center. To register to become a member, please drop in and fill out an application, or call us and we will mail one to you.

NILES - ONLINE

Visit the Village of Niles online at www.vniles.com. Learn more about the Village and its services. 24 hours a day. 7 days a week. While online, take a moment and give us your thoughts through our online survey. Help us make this site work better for you.

FOR YOUR HEALTH - OCTOBER/NOVEMBER

ARTHRITIS LECTURE

Thursday, October 25, at 2 p.m. is a free Arthritis Lecture. Dr. Chang Han, a chiropractor, will speak on early warning signs of arthritis, exercises that can help this disease, the Do's & Don'ts to minimize the progression of arthritis and non-surgical approaches to relieving its pain. Registration is needed.

NOVEMBER 8

EASY STEPS TO HEALTHY FEET

Thursday, Nov. 8, at 11 a.m. is a free lecture. Learn about healthcare for your feet. Presented by Dr. B. Aronson, D.P.M. Registration is required.

NOVEMBER 14

BLOOD PRESSURE SCREENING

Wednesday, Nov. 14, from 1 to 3:30 p.m. No appointment needed.

WEDNESDAY EVENINGS AT THE CENTER

We will be open every Wednesday evening for socializing, cards, games and billiards. Ceramics classes and Computer classes will also be available. Come and join us!

IMPORTANT:

HMO COVERAGE CANCELLED - 12/31/01

November 1 & 2 - Informational Sessions

Effective January 1, 2002, United Health Care of Illinois and Humana Gold Plus at LGH will no longer offer health benefits. To assist individuals in sorting out the various insurance options, the Niles Senior Center has arranged for a SHIP (Senior Health Insurance Program) Representative to hold informational sessions on Thursday, Nov. 1, repeating Friday, Nov. 2. Each session starts at 11 a.m. Please call 588-8420 to register for one of these dates.

OCTOBER TICKET SALES

Please Call For Ticket Availability

Pinochle Tournament - Friday, Oct. 26, 12 to 3 p.m. Enjoy a three-handed Tournament. Includes refreshments and prizes. Cost: \$3.50. Registration required.

A Dinner Party to Die For: Murder Mystery Theatre - Sunday, Nov. 4, 3:45 p.m. We will travel Downtown to the Bice Ristorante where an Interactive Murder Mystery Performance will occur around you at your table during dinner (Bruschetta, Salad, Chicken Marsala, Garlic Mashed Potatoes, Sautéed Vegetable, and Tiramisu.) Be prepared for anything. Meet at the Center at 3:45 p.m. Registration is required. Cost: \$54.

November Lite Lunch & Movie - Friday, Nov. 9, 12 to 3 p.m. Enjoy a Turkey Sandwich, Fruitcup and Chips. Following lunch, sit back and enjoy the romantic comedy, "The Wedding Planner" starring Jennifer Lopez (PG-13). Cost: \$3.50.

Evening at the Center: A Salute to Veterans - Tuesday, Nov. 13, 5 to 8:30 p.m. Join us as we show our appreciation to America and to our Veterans. Enjoy Al Curtis and the Calvacade of music performance. Dinner includes Chicken, Potatoes, and a Surprise Desert. Cost: \$8 includes a Raffle. Registration is required.

Poker Tournament - Friday, Nov. 16, 12 to 3 p.m. Play seven-card stud and five-card draw. Includes lunch & prizes. Cost: \$3.50. Registration required.

GENERAL TICKET SALES

Please Call For Ticket Availability

Travelogue Luncheon - Wednesday, Oct. 24, 12 to 2 p.m. Journey through Switzerland with a 55-minute travelogue. Prior to the video, enjoy a Turkey and Cheese Sandwich on Wheat, Cole Slaw, and Dessert. Cost: \$3.

Amazon Rising & Cleopatra of Egypt - Tuesday, Nov. 27, 9 a.m. to 5 p.m. Join us for a trip to the Shedd Aquarium followed by a visit to the Field Museum to see the exclusive Cleopatra exhibit. Lunch at the Corner Bakery in the Field Museum. Cost: \$36.

Morton Grove Senior Citizens 470-5223

55 ALIVE DRIVER SAFETY PROGRAM

AARP's "55 Alive Driver Safety Program" is an eight-hour two-day course for older motorists focusing on changes that accompany aging and on ways drivers can compensate for these changes. By completing the course, drivers can receive a discount on a portion of their automobile insurance. The next course offered at the Morton Grove Village Hall Senior Center starts at 8:30 a.m. on both Thursday, Oct. 18 and Saturday, Oct. 20. The cost of the course is \$10. Call the Senior Hot Line at 470-5223 to sign up.

"SLEEP" AND NUTRITION SEMINARS

The Morton Grove Village Hall Senior Center will be the site of a "Sleep & Aging" seminar presented by Bruce Rybarczyk, Ph.D. of Rush-Presbyterian-St. Luke's Medical Center starting at 11 a.m. on Friday, Oct. 19. Then, at 11 a.m. on Friday, Oct. 26, Gus Habighurst, Ph.D. of the Morton Grove Senior Nutrition Site, will present a "Health & Nutrition Review." Lunch will be served following these programs at 11:45 a.m. For information on this program or to make a lunch reservation, call the Senior Nutrition Site at 967-6876.

HOME AND YARD CHORES

Morton Grove's home and yard "Chore Program" links senior homeowners with youth and young adult workers. Seniors who need help Maintaining their yards can have a neighborhood worker come by to assist. There also are individuals who can perform minor odd jobs. Seniors must provide equipment and negotiate the fee to be paid to the worker. For more information, call the Morton Grove Village Hall Senior Center at 470-5223.

DIABETES SCREENING

Non-insulin-dependent diabetes is gradual in onset and usually occurs in adults over age 40. Some of the warning signs are: blurred or any change in vision, tingling or itchy skin; slow healing of cuts and bruises; and drowsiness. Free diabetes screening is offered from 9 to 10 a.m. on Tuesday, Oct. 23 in the Morton Grove Village Hall Senior Center. People coming in for the screening should fast from the evening meal of the night before.

TASTE OF HOME

Greendale, Wisconsin is a small quaint Village Center lined with unique shops, boutique, craft stores, the Reiman Publications Center, and the Taste of Home Restaurant where the tour will stop for lunch. Included will be a visit to the Goulash Gardens at the Mitchell Domes in Milwaukee. The bus leaves the Prairie View Community Center on Wednesday, Oct. 24 at 8 a.m. and returns at approximately 5 p.m. The cost is \$49 for residents and \$57 for non-residents.

CAVALCADE OF MUSIC

In honor of its 50th Anniversary, the Morton Grove Park District is inviting the public to a free concert at 6:30 p.m. on Thursday, Nov. 1 in the Prairie View Community Center. The program, Cavalcade of Music, is presented by the Two Generations of Aeri quartet and will feature a mixture of classics, jazz, swing, Broadway show tunes and motion picture themes. Refreshments will be served. Seating is limited and reservations are required by calling the Park District at 965-1200.

BRANSON FESTIVAL OF LIGHTS

Travel to Branson, Missouri to enjoy the Branson Festival of Lights featuring beautiful holiday lights and decorations and much more from Tuesday, Nov. 6 to Saturday, Nov. 10. The trip features numerous shows and entertainment, deluxe motorcoach, four nights accommodations, luggage handling, six meals, and cancellation protection. The cost is \$679 for double occupancy, \$859 for a single, and a \$100 deposit is due with your reservation. Register at Prairie View.

MEALS-ON-WHEELS DRIVERS NEEDED

The Morton Grove's Meals-On-Wheels program is looking for dependable people willing to share 1-1/2 hours a week delivering hot meals to homebound neighbors. Meals are picked up at the Bethany Terrace Nursing Centre and are delivered in Morton Grove. A route is approximately 4 to 6 miles of which drivers can be reimbursed \$.34 per mile. Substitute drivers are welcome too. Call Nancy Reynolds at the Morton Grove Village Hall for additional information. 470-5246.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 470-5223, or the Prairie View Community Center at 965-1200.

Senior pets, people unite

According to the American Pet Products Manufacturers Association (APPPMA), senior citizens can benefit from the physiological, social, and psychological benefits that senior pets provide.

Studies suggest elderly pet owners have significantly lower blood pressure and cholesterol levels than elderly non-pet owners. Because companion animals, young or old, need to be walked, fed and groomed, seniors can take advantage of the increased exercise they'll get which results from pet ownership. Walking and caring for a pet helps hearts stay healthy and keeps joints flexible and limber.

Along with physiological benefits, companion animals (whether furry, finned or feathered) offer love, companionship and social interaction. These additional benefits of pet ownership help older pet owners maintain their mental and emotional health as well.

"Because young pets require large amounts of time, attention and energy, seniors may find caring for a puppy, kitten or other younger pet a bit of a handful," commented Funda Alp, spokesperson for APPMA. "Adopting a senior pet can prove to be the perfect fit and complement a senior citizen's lifestyle."

APPMA offers the following additional benefits that adopting an older pet can bring to an older household:

- **Forget Messy Cleanups:** Older pets are usually house trained before adoption.

- **Don't Hide Your Shoes:** Older pets have passed the teething stage.

- **Basic Training:** Older pets know the meaning of the word, "No!" They are calmer and learn more quickly.

- **No Surprises:** Older pets are grown, their temperaments are developed and their medical history is known.

- **Finish Reading the Newspaper:** Older pets require less attention than younger pets. They allow for "quiet time" for yourself.

- **Easier Vet Trips:** Older pets

have had their shots. They've been neutered/spayed at a younger age.

"Older cats and dogs will make great companions, but they aren't the only option when adopting a pet," said Alp. "Birds, small animals including guinea pigs and hamsters, fish and reptiles also make ideal animal companions for senior citizens."

And, just like people, senior pets need an annual check-up. Also, remember the following when caring for a senior pet:

- Put safety gates across stairways so arthritic pets don't climb up or down stairs.

- Feed senior pets foods appropriate for their age and nutritional needs.

- Wipe up spills around water bowls to prevent slips and falls.

- Avoid rearranging furniture if older pets have impaired vision.

- Use grooming products that are gentler on an older pet's skin and coat.

- Elevate food and water bowls if older pets have trouble bending to eat and drink.

For more information about responsible pet care, visit APPMA's web site at www.appma.org.

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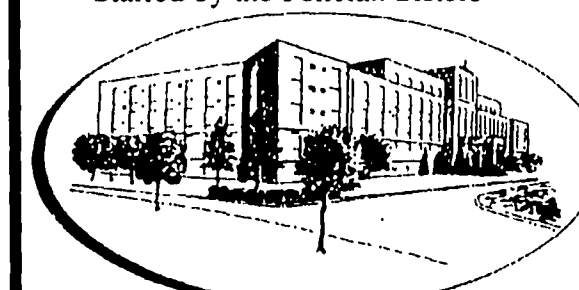
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10:00AM.....	2:15PM	1:00PM.....	5:30PM
3:15PM.....	8:30PM	3:15PM.....	8:30PM
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Retirement / Nursing Home

Is One Million Dollars Enough To Retire On?

As more and more Americans plan their road to retirement, the question for many has become a practical one: How much will it cost to live on easy street?

Experts say the answer depends mostly on two factors: life span and cost of living. While life span is almost impossible to predict, cost of living can be calculated.

For example, if a couple earned an annual income of \$110,000 a year experts say their estimated retirement needs would be \$82,000 annually (most people will need between 75 and 80 percent of their pre-retirement incomes to maintain their standards of living).

How much will that couple need to have saved? Would one million dollars be enough?

The answer may surprise you.

If inflation were to average just four percent, the couple would need an annual income of \$104,000 just six years from when they begin retirement to maintain their standard of living. That sum would increase to \$127,000 after five more years, and \$278,000 after 25 years. Even if their one million

dollar portfolio outpaced inflation by two percent annually, the couple would still need to cut their cost of living every year or face running out of money.

That's why many financial experts stress the fact that when people stop working, their portfolios can't. They say it is important for people to develop a financial plan before they retire and continue to actively manage their money after they stop working.

Fortunately, a number of online financial tools can help people do just that. For example, The Retirement Planner (found online at CNBC on MSN Money from Microsoft) helps consumers map out their long-term financial goals while allowing them to analyze and optimize their retirement holdings. Consumers can then use the site to double check their investment strategies by running simulations that let them see how their decisions affect their retirement goals.

The site works in conjunction with mPower, a leader in online advice, to provide personalized guidance that helps investors reallocate their holdings as the market and their

financial situation changes. The result: investors keep their portfolio working hard to meet long-term financial objectives, such as securing that retirement place on Easy Street.

CNBC on MSN Money is located exclusively on MSN. To learn more, visit <http://www.money.msn.com>, <http://www.cnbc.com> or MSN at <http://www.msn.com>.

'Coping with grief'

Grief is a personal response to life losses. Grief can result in a variety of emotions, such as anger, sadness and hopelessness. However, expressing feelings in a supportive place can be helpful to those struggling to come to terms with their memories and those issues that are out of our control. Niles Human Service Department will be holding a bi-weekly Grief Group that will start on Tuesday morning November 6, 2001. If you wish to sign up please call Dr. Jan Syslo at (847) 588-8460 or Melanie Amin M.S.W., LCSW, at (847) 588-8420.

A celebration for all ages



Daughter Doris Evans of DesPlaines celebrates with her mother, Bethany Terrace Nursing Centre resident Madeline Carlson, 103 years, who formerly lived on Chicago's north side. Joined with them is Madeline's grandson Scott Evans, visiting from California. Grandparent's Day was a special day at Bethany Terrace for many of the residents, who joined in the ice cream social celebration.

Free prescription drugs available

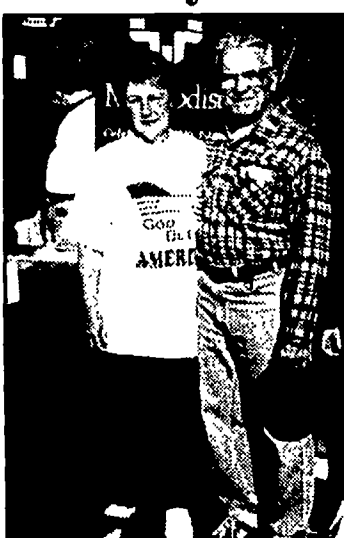
Is your medication too expensive for your budget? If so information in a new booklet might help.

The Cost Containment Research Institute in Washington, DC has just published a 32-page booklet, "Free & Low Cost Prescription Drugs." The revised fourth edition booklet gives information on how and where to get free and low cost prescription drugs.

"Many major drug companies provide free or low cost medication, but rarely, if ever publicize the programs," says Gary Nave, Director of The Institute. "We've published an A to Z listing of all the drugs that are available through patient assistance programs, for free or at very low cost directly from the manufacturer."

Consumers can receive a copy by sending \$5 to cover the cost of printing, postage and handling to: Institute Fulfillment Center, Booklet # PD-70, P.O. Box 210, Dallas, PA 18612-0210.

Alzheimer's Memory Walk



Bethany Terrace Nursing Centre Director of Alzheimer Unit Anne Schnur joins volunteer Pete Coorlas of Morton Grove at the recent Alzheimer's Memory Walk held in Chicago's Grant Park.



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Retirement / Nursing Home

MaineStreamers November Calendar

FIVE TOWNSHIPS JOB FAIR

Thursday, November 1, 10 a.m. to 1 p.m. No Charge - No Registration Required. Arlington Park Sheraton, 3400 West Euclid, Arlington Heights.

Are you currently seeking employment? Whether it is a part-time or a full-time position you are looking for, you won't want to miss this great opportunity. Over 40 employers will be there for you to meet and find out about available positions. So take advantage of this great opportunity. Townships include Elk Grove, Maine, Palatine, Schaumburg and Wheeling.

BINGO

Thursday, November 1, Town Hall, 1700 Ballard Rd., Park Ridge, Tuesday, November 6, Oakton Arms, 1665 Oakton Place, D.P. Cost: \$1.

The doors open at 12 noon. fun begins at 1 p.m. Delicious sweet rolls and coffee will be served. Registration required.

THANKSGIVING LUNCHEON

Wednesday, November 7. Doors Open at 11 a.m. Lunch is served at 12 noon. Chateau Ritz, 9100 Milwaukee, Niles. Cost: \$12.50 members/\$13.50 guests + \$1 Fish.

Let's give thanks for our many blessings - family, freedom and your friends, the MaineStreamers at today's luncheon. Our menu will feature the traditional thanksgiving meal of Roast Turkey with Stuffing, Sweet Potatoes, Carrots & Peas, Cranberries and Cinnamon Ice Cream for Dessert!

"New Beginnings" is a contemporary women's choral group. Their upbeat musical sound features popular new songs as well as fresh arrangements of favorite standards. Broadway show tunes and inspirational selections. So enjoy the beautiful sounds of music. Bingo will then complete our afternoon of Thanksgiving.

The cost for lunch, gratuity, and entertainment is \$12.50 per member; \$13.50 per guest on a space available basis. Fish is available for \$1 extra; however you must write FISH on your reservation. Cancellations and reservations must be received by Wednesday, October 31.

"THE POWER OF CONSCIOUS TOUCH" PROGRAM

Wednesday, November 7, 7 p.m. to 8:30 p.m. Presenter: Catherine White. Certified MI ZAI SHIATSU Instructor. No Charge - Must Pre-Register. Town Hall, 1700 Ballard Rd., Park Ridge.

In order to grow as human beings we need to both give and

receive support. One of the simplest, most direct ways to give support is through our touch. Catherine will give an overview of the differences between simple and conscious touch, how to touch and more. Wear comfortable, loose fitting clothes and warm socks.

"I WAS AMELIA EARHART" BOOK REVIEW

Friday, November 9, 10 a.m. to 11 a.m. Presenter: Barbara Rinella. Town Hall, 1700 Ballard Rd., Park Ridge. Cost: \$4 members only - space limited.

Barbara Rinella will give you the extraordinary opportunity to hear the story of Amelia's life. How she dreamed of becoming a famous heroine...how she was always more daring...and how she fell in love with flying! Sign up early as this program is always a sell-out!

MOVIE AND POPCORN

Tuesday, November 13, 12 p.m. to 3 p.m. Movie starts at 12:30 p.m. Town Hall, 1700 Ballard Rd., Park Ridge. Cost: \$1 includes popcorn and soda.

The Senior Department in cooperation with the Disabled Department will show the movie "Family Man" - starring Nicholas Cage and Tea Leoni. To make reservations call Donna Anderson at 297-2510.

ADVOCATE HEALTH CARE FLU SHOT PROGRAM

Wed., Nov. 14 & Mon., Nov. 19, 8 a.m. to 3 p.m. - Appt. Only. Town Hall, 1700 Ballard Rd., Park Ridge.

No charge if you have Medicare Part B. Otherwise Cost is

Upcoming events at St. Matthew Lutheran Home

October 22nd through October 28th St. Matthew Lutheran Home will be participating in a food drive in cooperation with the City of Park Ridge and Maine Township. All food collected will benefit the Maine Township Food Pantry. Please bring non-perishable food items and canned goods, or make a check payable to "City of Park Ridge-Food Drive" to St. Matthew Lutheran Home at 1601 N. Western Avenue, Park Ridge, IL 60068. Call (847) 825-5531 for more information.

Thursday, November 15th Novartis Pharmaceuticals will be at St. Matthew Lutheran Home to conduct complimentary bone density screenings. The procedure involves placing your socked foot into an imaging machine; the heel is an excellent predictor of fracture risk. The entire process will take 1-2 minutes. Appointments are available

\$15.

Maine Township has partnered with Advocate Lutheran Hospital to provide Flu Shots. Appointments for these dates will not be available until Advocate is sure the vaccine has arrived. Please call their Flu Hotline at 1-800-995-4267 for weekly updates. When and if appointments become available the hot line will transfer you to a reservationist to make your appointment.

RULES OF THE ROAD REFRESHER COURSE

Friday, November 16, 1:30 p.m. to 3:30 p.m. Town Hall, 1700 Ballard Rd., Park Ridge. Instructor: Diane Walsh. No Charge - Must Pre-Register.

This class helps prepare you for the license renewal test. Next class offered: January 18.

"THE MAGIC OF ICE"

Drury Lane Theatre Evergreen Park. Sunday, November 18, 12:30 p.m. to 6:30 p.m. Cost: \$54 members/\$59 guests.

Enter a wonderland of mystical illusion and magical performances by World-champion ice skaters. "The Magic of Ice" captures the imagination of a child and the beauty of artistry. Prior to the show choose from Jumbo Fantail Shrimp or Beef Brochettes and Breast of Chicken a la Martinique on the day. Each meal includes Soup Du Jour, Garden Salad, Rolls, Duchess Potato, Vegetable d'Jour and Ice Cream Parfait. So treat yourself to a day out before the Holiday Rush!

We will depart from the Town Hall, 1700 Ballard Rd. in Park Ridge. Please send a self-addressed stamped envelope.

MEN'S GROUP

Monday, November 26, 10:30 a.m. to 12 noon. Town Hall, 1700 Ballard Rd., Park Ridge. Cost: \$3.50 includes program and lunch.

Today's program will offer an insightful and humorous program on how stress affects older people. Learn the characteristics of a "stress hardy" person and learn ways to manage the challenges of daily life. Lunch will feature Italian beef sandwiches, chips and dessert! Registration required. Volunteers needed.

CRAFT WORKSHOP

Tuesday, November 27, 9:30 a.m. to 11:30 a.m. Instructor: Sue Domzalski. Town Hall, 1700 Ballard Rd., Park Ridge. Cost: \$7 for instructions and supplies.

Back by popular demand...Applied Shirts - this time with a festive Holiday Design. Bring a long sleeved cotton shirt or sweatshirt, white or cream colored and design it using iron on appliques and paint. Shirts must be prewashed and preshrunk. Appliques will be provided, however you can bring your own. Please bring scissors, your shirt, and a shirt

box to transport your newly painted shirt.

AFTERNOONS OF SOCIAL GAMES

Due to limited room availability at Maine Township during the months of November and December we will not be hosting this program. We will resume this activity in January.

EVENING OF DINNER AND DANCING

Wednesday, November 28, 5 p.m. to 9 p.m. Grazie! 1050 East Oakton, DesPlaines. Cost: \$20.

If you and your friends like to dance to the sounds of the Big Band era...you won't want to miss this event! Enjoy dinner featuring Marinated Mushrooms, Roast Loin of Pork, Roast Redskin Potatoes, Vegetables and Marble Cheesecake for dessert! Then enjoy the sounds and music of the Ron Smolen Orchestra! Singles are welcome!

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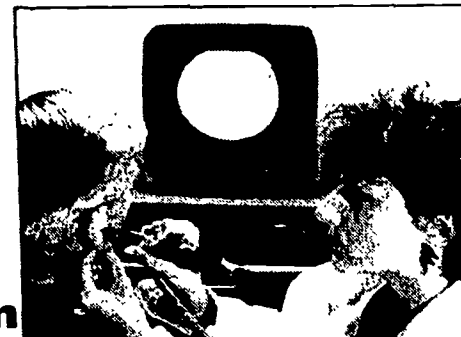
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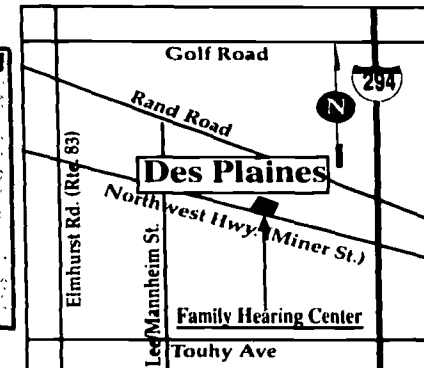
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Police News

Sheriff's office seizes weapons in surprise courtroom security inspections



Cook County Sheriff Michael F. Sheahan examines a display of weapons and other contraband seized by deputy sheriffs over the last six months during random security checks of attorneys and employees entering the Richard J. Daley Center court facility in downtown Chicago.

Sheriff's personnel seized more than 1,000 knives, razors, and other potentially dangerous weapons from persons entering the Daley Center who normally pass through security checkpoints with authorized identification.

The Sheriff instituted the random checks at court facilities throughout Cook County as a pro-active security measure designed to ensure safety in county courtrooms. The Sheriff's Office is responsible for the security of all court facilities in Chicago and the suburbs. The Cook County court system is the largest unified court system in the free world.

Niles

DUI

A car was observed weaving in the lane and stopping at green lights on October 10. An officer made a stop at 8100 Milwaukee. There was a strong odor of alcohol on the driver's breath and his eyes were red and glassy. He failed the breathalyzer. He was arrested for driving under the influence, not having a driver's license or insurance and improper lane usage.

On October 8 an officer responded to a call from a hotel manager that a woman was leaving in her car and she should not be driving. At Maynard and Greenwood the officer observes the car crossing the lines. After

being stopped the female driver failed field sobriety tests and the breathalyzer. She was arrested for driving under the influence and improper lane usage.

A car with front-end damage believed to have been involved in a hit and run at Ballard and Cumberland on October 7 was stopped at 9000 Robin. The passenger from the car fled into a courtyard. The driver's eyes were red and glassy. There was a strong odor of alcohol on the driver's breath. He failed field sobriety tests and was arrested for driving under the influence.

The word vinegar comes from a French word meaning "sour wine."

Keep Halloween safe for trick or treaters

The Cook County Department of Public Health (CCDPH) and the American Academy of Pediatrics are advising residents to follow some simple safety tips to ensure an enjoyable Halloween:

Dressing Up

- Avoid masks, which can obscure vision.
- If a child wears make-up, choose the nontoxic, or hypo-allergenic variety.
- All costumes must be flame retardant and fit properly. Over-size shoes, high heels and long skirts or pants could cause a child to trip.
- Make sure all trick-or-treaters carry flashlights and have reflective tape on their costumes.

Trick-or-Treating

- Young children should be accompanied by an adult; older children should go out in groups.
- Adults should set up a specific route for older children to follow and give children a specified time to return home.
- Children should be instructed to never enter a home and only visit homes that are well-lit.

Children should not snack on candy while out trick-or-treating.

Adults should check for signs of tampering such as small pinholes in wrappers and torn or loose packages. Save only the sealed treats.

Parents of young children should get rid of choking hazards such as gum, peanuts, hard candies or small toys.

Home Safety

- Remove hazards like lawn hoses, bikes, toys and decorations from the front of your home that could cause a fall.
- Turn on outside lights to let trick-or-treaters know someone is home.

For more information on Halloween safety, call CCDPH at (708) 492-2000. TDD for hearing/speech impaired: (708) 492-2002.

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Tips to preserve and protect your things

Americans have spilled the beans—all over clothing and in every room of the house—according to a recent poll. When asked about the substance spilled most often, 70 percent of the respondents cited beverages. Seventy-two percent said stains land on shirts or blouses more than other clothing items.

While no one can prevent people from having an occasional case of the "dropsies," here are a few tips to help keep

your favorite items far from the give-away pile:

- Take it to the table—Avoid turning the dashboard of the car into a messy meal tray. Eating on the run and in stop-and-go traffic can make you an easy target for spots, spills and stains. It is no surprise that 23 percent of Americans polled said the car is the most popular place outside of the home to experience a food stain. Whenever possible, schedule time for sit-down meals at a table

where food and drinks are less likely to splat, splash and land on clothing.

- Protect and preserve—Your favorite foods and beverages don't have to become a permanent part of your clothing or furniture. Take proactive steps to preserve the things you care about. Using a stain protector, such as Scotchgard from 3M, provides a defense against a lot of those food and drink spills that can ruin your car, clothing, carpeting and upholstery.

- Make the kitchen the central eating station—Forty-three percent of household spills outside of the kitchen occur in the living room and almost 27 percent occur in the family room. Set up a "central eating station" by encouraging adults and kids to contain food and beverages to the kitchen. Furniture and flooring in the kitchen are often designed to endure spills better than other rooms. Preserve the rest of the house for neater activities!

- Dress to stress less—Entertaining and parties in the home can create a hazard zone of spots and spills with the threat of finger foods and beverages landing on fine upholstery and dressy clothing. With the new multi-use Scotchgard protector for fabric and upholstery in the red can, you won't have to cover the couch with an unsightly slip cover and you can wear your favorite luxury items to parties without a second thought. The red can now works on silk, wool, dry-clean only and other delicate items.

- Be a super citizen—More than half of poll respondents said they've thrown out clothes because they were stained or soiled. Instead, donate clothing (and furniture) to your local charity. It will help someone in need and give you a tax break.

- Keep carpets looking good longer—Consider buying carpets with mill-applied stain protector, or you can buy a do-it-yourself formula in a can. In addition, vacuum regularly, use entrance mats to trap soil before it can be tracked in your home, blot up spills immediately, and regularly have your carpet professionally cleaned. Stains happen, but they don't have to ruin your day or your favorite things.



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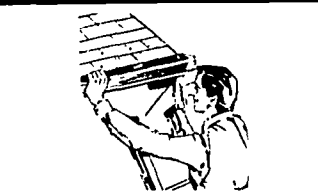
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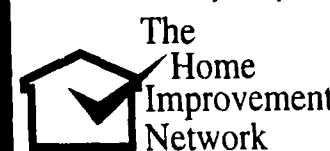
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Home Style

JULIE encourages excavators to 'Call Before You Dig'

As part of a proactive safety education campaign this autumn, representatives of the Joint Utility Locating Information for Excavators (JULIE) are stressing the importance of undergoing damage prevention and safety to homeowners, contractors and excavators in Illinois.

"With the arrival of the fall season, many people are planning outdoor home improvement projects," said Mark Frost, Executive Director of JULIE, Inc. "Whether it's a small or large outdoor project, Illinois law re-

quires all persons digging to call JULIE toll-free at 1-800-892-0123 at least two working days prior to the start of excavation. Call center operators are available 24 hours a day, seven days a week."

Examples of fall outdoor projects that require a call to JULIE before digging include putting up a fence; installing a mail box post or new water feature; building a deck or room addition; and the most common fall project, planting trees or shrubbery. The call to and notification service

provided by JULIE is free to the excavator.

JULIE, Inc. is a not-for-profit corporation that provides contractors, excavators, homeowners and others who plan to dig with a toll-free telephone number to call for the locating and marking of underground facilities. JULIE serves as a message handling service for utilities, taking information about planned excavations and distrib-

uting this information to its utility membership. It is then the responsibility of each utility to mark the location of their underground facilities at the excavation site.

JULIE, Inc. promotes an easier, safer digging environment and serves the entire state of Illinois outside of the city of Chicago, which is covered by DIG-GER. Illinois law requires all persons digging to call JULIE at

least two working days prior to the start of excavation and to begin that project within 14 calendar days from the call. The 48 hour notice does not include Saturdays, Sundays or holidays.

Established in 1974, JULIE currently represents 965 member companies who benefit from their participation through a reduction in lost time accidents, service interruptions and costly repairs.

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Answers to common phone customer queries

The Illinois Telephone Consumer Education Fund (ITCEF) is providing answers to commonly asked telephone customer questions as part of a recently launched education campaign to help consumers better understand their telephone service and take advantage of their options. ITCEF is offering consumer information on its Web site, www.itcef.org and a free brochure, available by calling toll-free, 1-800-622-0200.

ITCEF conducted 2,000 telephone interviews with household heads responsible for paying the telephone bill. Areas where consumers are in greatest need of information about their telephone service include the following.

Q. Is there competition available for local service?

A. Yes. A growing number of Illinois residential customers have a choice among local telephone companies. Different companies serve different areas. Some companies serve only business customers. Your

local telephone service may not be transferred to another carrier without your authorization. You can link from the ITCEF Web site to the Illinois Commerce Commission Web site to review a list of companies that currently offer local telephone service.

Q. What are local toll calls?

A. Local toll calls go beyond the areas considered "local calling" but are not long distance calls. Local toll calls may cover more than one area code. These calls are also called regional toll service, local long distance and short haul long distance. In some cases, local toll calls may cross state boundaries.

Check your White Pages directory for a map of your local toll calling area. Carriers frequently charge for these calls based upon when you called and how long you were on the line.

Q. Do I have a choice of local toll companies?

A. Yes. Illinois customers can choose among different pro-

viders of local toll service. You may choose to do nothing and keep your current provider. On the other hand, you may choose among various companies that sell local and long distance service and can provide local toll service as well. You can also use 10-10 dial-around services for local toll calls. See ITCEF's Web site or brochure for more information on 10-10 dial-around services.

Q. Is long distance provider selection mandatory?

A. No. If you do not make long distance calls from your home, or if you make very few, the best option for you might be NOT to have any long distance provider at all. Be aware that, if you do not select a long distance company, you will not be able to dial 1 plus the area code plus the phone number to make a long distance call. Instead, you will have to use an alternative means of dialing such as a pre-paid calling card or a 10-10 dial around number. Or, you can make operator as-

sisted long distance calls by dialing zero. However, this is a costly option.

Q. Do I have to pay a monthly service fee for long distance service?

A. Not necessarily. While some providers charge a monthly fee, others do not. Sometimes there is no fee or the fee is waived after a certain calling level is reached. Shop around and compare because providers with no or lower monthly fees may charge more per minute. ITCEF's checklists can help you understand your calling patterns and ask the right questions.

"Our research shows consumers can gain a lot from learning more about their telephone service and their options. The Illinois Telephone Consumer Education Fund is providing phone customers with information that can help them get the best deal to fit their needs. Please visit our Web site or call for a free brochure for more answers to your phone questions," said ITCEF

spokesman John Digles.

The Illinois Telephone Consumer Education Fund (ITCEF) was established as a result of a condition in the Illinois Commerce Commission order which approved the merger of Ameritech and SBC Communications in October 1999. The Fund's Board of Directors, overseeing the campaign, is a not-for-profit corporation dedicated to educating Illinois residential consumers about their telephone service options. The Board is comprised of representatives from five organizations: the Illinois Commerce Commission, Citizens Utility Board, Illinois Attorney General's Office, the Cook County State's Attorney's Office, and Ameritech Illinois.

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CUSTOMER SERVICE ICELAND OFFICE CASHIER Niles Park District Iceland Arena is seeking a customer-service oriented person to join our team. Responsibilities include front desk registration and answering phones. Flexible hours available. See David Santee at the Iceland Arena 8435 W. Ballard Road-To Fill Out An Application Questions Call: 847-297-8010 Amerigas, a national propane distributor is currently seeking a full time CUSTOMER SERVICE REPRESENTATIVE For our busy, fast paced Palatine office. Current starting pay is \$11 Per Hour With excellent company benefits. Call: (847) 359-6450 Or Fax Resume: (847) 359-0361 EOE	YOUR CREDIT IS GOOD WITH US! We accept Visa & MasterCard.	• CUSTOMER SERVICE • COUNTER HELP Part-Time / \$6-\$8 Hour Morton Grove & Park Ridge Stores PRESS THIS! CLEANERS & LAUNDRY (847) 663-0718	THE BUGLE'S Business Service Directory is beckoning you to: LOOK AT THE BUGLE'S Low, low rates, which enable you to: ADVERTISE To attract potential customers! GO To your phone and CALL NOW (847) 588-1900 All Classified Help Wanted Ads Can Now Be Found On The Internet! www.Chicagometrojobs.com	PROFESSIONAL OPPORTUNITY HOME MANAGER Experienced individual needed to oversee medical needs and manage daily operations of group homes for adults with developmental disabilities. Organization, multitasking, good communication skills and commitment to person-centered services required. High School diploma, personal vehicle + 1 + years experience required. \$11.41/Hour + Benefits. Resume To: ORCHARD VILLAGE - HR 7670 Marmora - Skokie, IL 60077 Fax: (847) 965-1050 EEO QUALITY ASSURANCE CLERK QUALITY ASSURANCE CLERK NEEDED EARN \$9.00/HOUR FedEx Ground, a leader in the transportation industry, is currently looking for a dependable quality assurance clerk to work at our Northbrook, IL. Facility. We seek someone that is dependable and organized. This position pays \$9.00 per hour plus tuition assistance. As quality assurance clerk you will enjoy weekly and weekends off. To qualify you must be 18 or older. Please apply in person: FedEx Ground 2945 Shermer Rd. Northbrook, IL CANCELLATIONS - No Classified Advertisements will be cancelled after 12 noon on Monday preceding the Thursday publication date, or Thursday 12 noon preceding the Weekend Job Guide.
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OUR CLASSIFIED ADS •REACH MORE PEOPLE PER WEEK• •FOR THE LEAST AMOUNT OF DOLLARS!• See how your money can work for you! *2 Insertions Per Week *2 Deadlines Per Week Specials Designed With Your Needs in Mind Call us today for details. Beverly (847) 588-1900 We're always available for your convenience	OUR CLASSIFIED ADS •REACH MORE PEOPLE PER WEEK• •FOR THE LEAST AMOUNT OF DOLLARS!• See how your money can work for you! *2 Insertions Per Week *2 Deadlines Per Week Specials Designed With Your Needs in Mind Call us today for details. Beverly (847) 588-1900 We're always available for your convenience	READ THE BUGLE FOR SUBSCRIPTIONS CALL (847) 588-1900 Our classified ads reach more people per week for the least amount of dollars. We cover the near north suburbs and the north side of Chicago with 2 Insertions per week. See how your money can work for you by putting your recruitment ads in both editions of The Bugle. Call us today for details. We will be happy to assist you in placing your ads and in reserving space for our next issue. We offer two deadlines each week for your convenience. AND ALSO, TAKE ADVANTAGE OF OUR SPECIALS! SIMPLY CALL (847) 588-1900 and ask for our classified department. Our trained staff will be available to take your orders.	NOTICE Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-6490.	THE BUGLE'S Business Service Directory is beckoning you to: LOOK AT THE BUGLE'S Low, low rates, which enable you to: ADVERTISE To attract potential customers! GO To your phone and CALL NOW (847) 588-1900 All Classified Help Wanted Ads Can Now Be Found On The Internet! www.Chicagometrojobs.com

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AND MORTON GROVE EVERY WEEK OF THE YEAR!

THE BUGLE CLASSIFIEDS

DELIVERED TO ALL 16,000 HOMES IN NILES
AND MORTON GROVE EVERY WEEK OF THE YEAR!

MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS
<p>REAL ESTATE</p> <p>APT. FOR RENT</p> <p>Niles quiet street. 2 bedrooms + den, large kitchen + living room. New appliances, washer + dryer and heat. \$1,200/month + security. No pets. 773-631-9627</p> <p>Edgebrook - 1 bd garden - newly decorated. All new appl., laundry avail., non smoking bldg. & no pets. AVAIL NOW. Ref. required \$750/mo. 773-774-3859</p> <p>NILES - 2 BR - 2nd. Floor-Rear Parking \$850/Month Plus Heat-Utilities & Security Deposit-(773) 594-0008</p> <p>NILES - 7632 N. Milwaukee 1 & 2 Bedroom - \$700-\$950 Month (773) 557-1315</p> <p>Niles - Milw. & Harlem - 2 rm studio. 2nd fl., laundry, carpet & appl. NO PETS \$545/mo. + heat 847-696-3124</p> <p>CONDO FOR RENT</p> <p>DES PLAINES - Greenwood & Dempster Large 1 BR-Furnished Condo \$800/Month + Security-Includes Heat, Gas & Water-Close to Lutheran Gen. Hospital (847) 635-7025</p> <p>HOUSES FOR RENT</p> <p>Niles - 8304 N. Okonto 2 bd, 1 bath, c/a, NO PETS \$1,200/mo. + utilities. 773-631-0670</p> <p>HOUSE FOR SALE</p> <p>Existing private kindergarden w/house for sale! Beautiful completely remodeled 2 story in Morton Grove. 5 bd, 3 full baths. Big fenced yard. First floor is used for child care business for 12 children. Must see to appreciate! Call 847-983-8719</p>	<p>MISCELLANEOUS</p> <p>ADOPTION</p> <p>ADOPTION IS LOVE</p> <p>Dear birthmother, Imagine knowing your precious baby is safe and happy in a loving family, living the life you dream of for them. Your baby will be cherished, adored and given endless opportunity. We promise you that and more. Nurturing full-time mom, active lawyer dad, beautiful home and loving playmates await your child. Medical, legal, counseling, court approved living expenses paid. Confidential. Please call our attorney at: (708) 922-4795</p> <p>APARTMENT WANTED</p> <p>Wanted - Elderly widow needs - 1 bedroom apartment near transportation. 773-792-0087</p> <p>BUSINESS FOR SALE</p> <p>Be your own boss - Attractive salon. Park Ridge/Niles area. Over 15 years in business, turn key operation. Good customers. Ask for Maryann. ERA Callero - Catino 847-967-6800</p> <p>AUTOS FOR SALE</p> <p>LOREN BUICK/HYUNDAI 1620 Waukegan Road, Glenview (847) 729-8900</p> <p>CHILD CARE</p> <p>Child care in my Morton Grove home (Church + Central) 6 days. Mon-Sat. 6AM-6PM. References + Experience. Dani-847-966-7325</p> <p>COMPUTERS</p> <p>RENT-TO-OWN COMPUTERS! Starting At \$19.99 A Week 1-800-422-3368</p> <p>Notice</p> <p>Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-8490.</p>	<p>MISCELLANEOUS</p> <p>DOG ADOPTION</p> <p>Furry Friends Foundation, A No-Kill, Non-Profit Animal Shelter, Will Hold A Dog Adoption Day From 1:00 PM-5:00 PM Sunday-October 21 At PetSmart 809 Civic Center-Niles For More Information Call Furry Friends Foundation At (312) 397-1001 Or Visit Their Website At www.furryfriendsfoundation.com</p> <p>ELECTRONIC</p> <p>RENT-TO-OWN 50" Big Screen TV's! Starting At \$29.99 A Week 1-800-774-4553</p> <p>FOR SALE</p> <p>Fish Tank 75 Gal. Oceanic Aquarium W/Stand. #403 Fluval Pump Plus - Under Gravel Filter \$200.00 - 847-967-7121</p> <p>FURNITURE FOR SALE</p> <p>Large Dining Room Set China Cabinet & Hutch 6 Chairs - Jade Green Color (847) 965-8524</p> <p>Moving to Florida furn. sale EVERYTHING MUST GO! Pictures, collectibles & Thomasville bdrm & dining rm sets. 847-966-4619</p> <p>Thomasville bedroom set - 5 pieces. Full/queen bed. Flexsteel couch 87". End tables. 847-967-6993</p> <p>DR-Black table, 6 chairs, x-leaves, 2 piece china cabinet. LR-4 black tables, couch, chair, love seat. Diana: 847-966-6133 or 847-296-8314</p> <p>7-1/2' Sofa Bed 3 Years Old-Asking \$225 (847) 967-8955</p> <p>GARAGE SALES</p> <p>Niles - 6952 Oakton Court Fri. 10/19 - 9 A.M. to 4 P.M. Sat. 10/20 - 9 A.M. to 2 P.M.</p> <p>LOST DOG</p> <p>Black Lab - 2 years old. Male. Silver choke chain collar. Lost vicinity Harlem + Devon. 773-763-8031</p>	<p>MISCELLANEOUS</p> <p>MALL SHOW</p> <p>SPORTS CARD & COLLECTIBLE SHOW</p> <p>Golf Mill Mall - NILES - During Mall Hours Friday-Saturday & Sunday - October 19, 20 & 21 Sports Cards - Die Cast - Beanie Babies Memorabilia & More</p> <p>MOVING SALE</p> <p>Morton Grove - Moving - Thursday 10/18, Friday 10/19, Saturday 10/20. 10am-3pm. 6802 Church St. at Oak Park. Depression glass, Blue Ridge pottery, furniture, clothes, tools, household, exercise equipment and much more!!</p> <p>PERSONALS</p> <p>Most miraculous Lord, You have granted so many of my prayers but now I must place this petition in your hands. (name petition). This now becomes your request and I ask you to place it in the hands of God the Father. I know He will grant this petition because of His love for you, His son. For this I thank you, O miraculous Lord. Amen. Say this prayer 3 times a day for 3 days and your petition will be granted. (Publish)</p> <p>Italian SWM, 34, 5'7", 150 lbs. seeks, F, 25-45, for friendship. LTR, Race unimportant. Niles Area. Radone21@hotmail.com</p> <p>PRAYER</p> <p>Many Thanks Miraculous Lord St. Jude - St. Theresa - Padre Pio. My Prayers Have Been Answered. R.H.</p>	<p>RUMMAGE SALE</p> <p>SKOKIE 8237 KENTON AVE. Friday 10/19 - 7:30 AM - 8 PM Saturday 10/20 - 8:30 AM - Noon Central United Methodist Church</p> <p>TANNING</p> <p>WOLFF TANNING BEDS TAN AT HOME Buy DIRECT and SAVE! Commercial/Home units from \$199 Low Monthly Payments FREE Color Catalog Call TODAY: 1-800-711-0158 www.np.estan.com</p> <p>VAN FOR SALE</p> <p>1991 Dodge GR Caravan 6 cy. 64k. MUST SEE. \$4,900 Call: 847-823-0030</p> <p>WANTED TO BUY</p> <p>WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-630-985-2742 Fax: 1-630-985-5181</p>

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Business News

Why women hold keys to successful estate planning

by Chester M. Przybylo

Some people still assume that, when it comes to financial legal matters, women are not key players. However, this is entirely inaccurate. Women are most likely to be highly involved and greatly affected by estate planning.

In recent generations, women have taken on a larger role in the financial arena. The number of women in the workplace has tripled in the last fifty years. Meanwhile, the real median income of women has increased by sixty-three percent, while that of men has declined by six percent in the same period. This income shift changes the family dynamics and gives women a greater voice in financial matters.

According to a recent survey, women have an equal say in major financial decisions in seventy-five percent of households. In homes where one partner is solely responsible for financial decisions, women outnumber men in that role by a four to three margin.

In fact, women own a majority of all publicly traded stock in the United States. Women control seventy percent of all wealth in the United States and inherit about seventy-five percent of all estates. This is the reason estate planning is even more important to women than to men: they are more likely to benefit from good planning or pay the price for poor planning (or no planning).

A recent study by the *New England Journal of Medicine* suggests that the odds of needing long-term care at some period in life is roughly fifty percent. More than forty percent will spend more than six months in long-term care. Guess who are likely to be the caretakers? Women. Women are *three times more likely* to cope with their mate's illness or injury. Guess who are likely to be the survivors? Women. Widows outnumber widowers by a wide margin. It is essential for women to ensure that, at a minimum, they and their spouse have done basic estate planning. This

includes four documents: General Durable Power of Attorney, Health Care Durable Power of Attorney, Will, and Revocable Trust.

When a husband is missing or becomes incapacitated what happens to his assets? How does a wife refinance the house to pay bills if her husband is unable or unavailable to sign necessary documents? Without planning, a wife must go to court and have her husband declared incompetent. This is an arduous process that is emotionally draining for all involved. However, this can be avoided with proper planning. A General Durable Power of Attorney allows the "Principal" to designate an "Agent" who will make financial decisions for him when he is unable to do so. With this document, a wife can sign for her husband in the event of his incapacity.

Similar problems arise regarding health care issues when a person becomes incapacitated. Who decides the appropriate treatment

and the efficacy of procedures if the patient cannot? Like the General Durable Power of Attorney, a Health Care Durable Power of Attorney designates an "Agent" to make health care decisions for the principal if he is unable to make them for himself. As women typically cope with their mate's illness, it is they who usually serve as the agent. Without this document, she may face difficulty in getting health care providers to follow her instructions.

Like incapacity, at death a person cannot express his or her wishes regarding various decisions. Who should inherit the family business? Who should care for minor children? A Will provides these answers and has several functions. First, and most importantly, the only manner to designate a guardian for minor children in most states is in a Will. Without a Will, you have no input in the decision, and the court will decide. Unfortunately, no matter how caring the judge may be, he or she does not know and love your children as you do. Second, the Will distributes any assets held in your name. Without a Will, the state decides who receives the assets, in accordance with a set list for "intestate succession." Unfortunately, this set list provides the same distribution to your wonderful sister with seven children as to your brother who has not spoken with you in eight years. The Will can provide that the assets "pour over" into a Revocable Living Trust, to be distributed by its terms.

Even with a Will, any assets owned by you at your death must go through "probate" in order to be distributed to those designated by you. The process of transferring title from the person who died to the person who is designated to receive the property is "probate." Probate can be expensive, time consuming, and emotionally draining for those left behind. A Revocable Living Trust is set up now, during your lifetime, and holds legal title to your assets. Because the trust owns the

assets and the trust did not die, the assets do not need to go through probate. You still can use the assets, even though legal title is in the Trust. If you become incapacitated, the person you have chosen as your successor "Trustee" will manage the assets for you, much like the Agent under your General Durable Power of Attorney. The Trust can be very flexible and directs how and when the assets will be used. For example, the Trust can keep the children from squandering the assets, ensuring the assets are available for college or graduate school. Since the woman is likely to be the survivor and, therefore, the successor Trustee, it is essential that she take an active part in the planning process.

In addition to preparing basic documents, periodically review the beneficiary designations on 401k, IRA, or other qualified plan assets. Frequently, beneficiary designations do not reflect changes in circumstances. Qualified plan assets comprise an ever-increasing portion of the typical person's assets, therefore this is a critical review step. Your periodic review also should include life insurance beneficiary designations.

There are many considerations which come into play when attempting to achieve your goals: children with special needs, aging parents, creditor protection, income taxes, divorce protection, estate taxes, etc. A qualified estate planning attorney who specializes in that practice area can help you structure your plan to achieve the best result. It is essential for you to be involved in the process from the start. The woman, as survivor, is likely to reap the rewards of security and harmony from smart planning.

Chester M. Przybylo is a member of the American Academy of Estate Planning Attorneys and has been engaged in the practice of law for the last 30 years. For more information or to attend an upcoming seminar, call 1-800-638-7878.

Antique Treasure Fair

The October 24 meeting of the Norwood Park Historical Society will again feature their fourth Annual Antique Treasure Fair at 7 p.m. at the Crippen House, 5624 N. Newark Ave.

We will again have professional antique appraisers who have appeared on Channel 68's Appraisal Fair as well as having conducted many estate sales of prominent Chicagoans. Specialty appraisals will include dolls, toys, jewelry, silver, art work, china, crystal and collectibles.

There will be a \$5 charge for the first item, and \$2 for each ad-

ditional item -- time permitting.

Again -- Wednesday, Oct. 24, 7 p.m. at the Crippen House, 5624 N. Newark Ave. There will be a short business meeting preceding the appraisals.

For meeting and membership information, call (773) 631-4633.

SPECIAL NOTE: The November meeting will be on Wednesday, Nov. 14 -- a week earlier because of the Thanksgiving holiday. Our speaker will be David Ziegler, librarian at the Eisenhower Library, who will speak on the history of Harwood Heights and Norridge.

Tornado strikes

.....continued from page 1

was gone. The ceiling was on the floor," she said. "One girl was hit on the head."

That 14-year-old girl received stitches at Lutheran General Hospital in Park Ridge; in all six people were injured by falling debris, none seriously.

Nicor workers joined area firefighters and police on the scene when a gas leak was discovered.

A third witness, Reid McCarthy, 20 was working in the office of the mall's Cybertech game room during the incident. With video games clamoring outside, McCarthy was unaware of the crash until he emerged 20 minutes later, nauseous from the gas leak, to find the game room evacuated and rain pouring down from the ceiling.

The slaken Chicago resident said he was upset that no one had come for him. "If you can clear everyone out, why can't you come knock on the door?"

While the National Weather Service reported that area winds were no stronger than 35 mph, NPD Commander Dan Halley said that just prior to the collapse, small funnel cloud sightings were called into the police station by area residents.

Evidence of wind damage was more apparent in the daylight. Flowers outside the mall's food court entrance bend

toward the building, suggesting winds came in from the east, where trees were uprooted and six cars were damaged. A letter from a mall restaurant's sign outside the east entrance was still dangling Monday evening, and a small Profession Building tower jutting from mall's southwest side appeared to be missing a window or section of panel -- several light bulbs are also missing from the Golf Mill sign.

Late Nite Catechism

The St. Thecla Women's Council and Family School Association are proud to co-sponsor the comedy smash hit Late Nite Catechism, created and produced by Vicki Quade and Maripat Donovan. This professional, award-winning performance will be presented at 8 p.m. on Friday, November 9th in St. Thecla Falcon Hall located at 6725 W. Devon in Chicago. Tickets purchased in advance are \$20 (ages 14-64) and \$18 for seniors (65 and older). Tickets purchased at the door on the night of the performance will be \$25 and \$20, respectively. Doors will open at 7 p.m. with seating on a first come/first serve basis. Snacks and a cash bar will be available before and after the performance. For tickets and more information, please call Carlene at (773) 775-7585 or Gayle at (773) 594-1761.

Asians, Hispanics at Maine East

.....continued from page 1

lish. The dropout rate is 9.9 percent. Data shows that the Maine West population is 69.4 percent whites, 21 percent Hispanics and 8.6 percent Asians. Students of lower income families at Maine West is about 12 percent.

In test score rankings, Maine Township schools rank in the upper two-thirds, with South in the top third and East and West in the middle third.

In placement exam scores, South ranked eighth; West ranked 13th and East, 16th among the 31 schools.

The Maine Township high schools collectively have an enrollment of about 6,500 students.

Maine Township spent \$12,848 per student during the 2000-01 school year. In comparison, New Trier Township spent \$13,026 per student, and Evanston Township has the highest per-student allocation, \$15,278.

Local anthrax scare

.....continued from page 1

dures on what's supposed to be done, and a large facility like that has a local response team to identify hazardous materials," he said. Later at about 2 p.m., as postal employees waited outside the building, a report came in clearing that material found in the package as nothing more than laundry soap. Investigators are still looking in to who sent the package. Ratcliff said the post office would double loads for Oct. 16, ensuring timely mail delivery.

American Daughters of Sweden

The American Daughters of Sweden will hold their regular meeting Saturday, October 20, 2001, at Monastero's, 3935 W. Devon Avenue, Chicago, 12 noon. Luncheon \$20. Reservations call (773) 463-7640.

Pauline Morgenstern, soprano soloist from Gothenburg, Sweden, will sing for us. Ann Helen Anderson, Chairman, Chicago. Janet Geist, President, Chicago.

OCC lecture

.....continued from page 1

at the expense of Eastern subjects. One lecturer explained the Wahhabism movement, indeed any religious fundamentalism, as an "attempt to go back to the basics;" a purification of the religion and a renunciation of practices influenced by outsiders. For instance, Sufi Muslims allow for the veneration of Saints, a practice abhorred by Wahhabi purists.

While Wahhabism in mainstream Islam preaches tolerance for familial religions such as Judaism, Christianity and even Zoroastrianism, the Taliban's fundamentalists want to purge Islam theologically and the community of non-Muslim people and things, said the lecturer.

Needless to say, the American military presence in Saudi Arabia to ensure American oil supplies following the Gulf War is reprehensible to these fundamentalist sensibilities.

As significant as the leaders of the Taliban, are the oppressed citizens of many Central and Mid Eastern countries, historically displaced as a result of foreign policy intervention.

Social Science and history instructor, Richard Stacewicz led attendees through a timeline of western efforts to control the region's resources, particularly oil.

Stacewicz recounted the 1951 democratic election of Muhammad Mossadegh in Iran. When Mossadegh began to nationalize the British-controlled oil industry, allowing poverty-stricken Iranians to

finally benefit from the valuable national commodity, the United States intervened with a CIA-backed coup in 1953, installing a co-operative and corrupt dictator, Shah Reza Pahlavi, who held American and British-supported power "by torture" until 1979 when he was overthrown by revolutionaries supporting the Ayatollah Ruhollah Khomeini.

Stacewicz said the United States often sought to "stabilize" its interests in the oil industry by destabilizing governments. In the war between Iran and Iraq during the eighties, America openly supported Saddam Hussein while secretly supplying Iran with arms, the better to ensure that neither country would grow "more powerful than we could handle," he said.

Support for undemocratic regimes continued through 2001. Despite the U.S. condemnation of the Taliban takeover of Afghanistan and our subsequent refusal to acknowledge the fundamentalist regime as legitimate, America sent over \$40 million this spring to the group which attacked on Sept. 11. The money given following the Taliban's promise to eradicate poppy fields used to make heroin.

"Most people don't know America's involvement in his situation and the money we make," said Graff. "If the situation were reversed, we'd be furious."

All three lecturers warned that continued displacement, lack of food and the United States as a perceived threat would likely turn the regions desperate citizens into "fresh recruits" for the Taliban.

MG Calendar Year 2002

The following dates have been scheduled for budget workshops to review the proposed 2002 Budget. These workshops will be held in the Fire Station #4 multipurpose room on the following dates and times:

Oct. 29, Monday, 6:30 p.m. Initial Budget Workshop for Board of Trustees to be conducted by Finance Officer and Administrator.
Nov. 1, Thursday, 5 p.m. Pub-

lic Works Departments (including Streets, Sewers, Garbage Collection, Vehicle Maintenance, Revolving Equipment, Capital Projects and the Water Fund).

6 p.m. Fire Department
6:45 p.m. Civil Preparedness
7 p.m. Dinner
7:30 p.m. Senior and Family Services (includes Civic Center)
8:30 p.m. Building Department (includes Municipal Buildings).

Nov. 5, Monday, 5 p.m. Police Department, including E9-1-1.

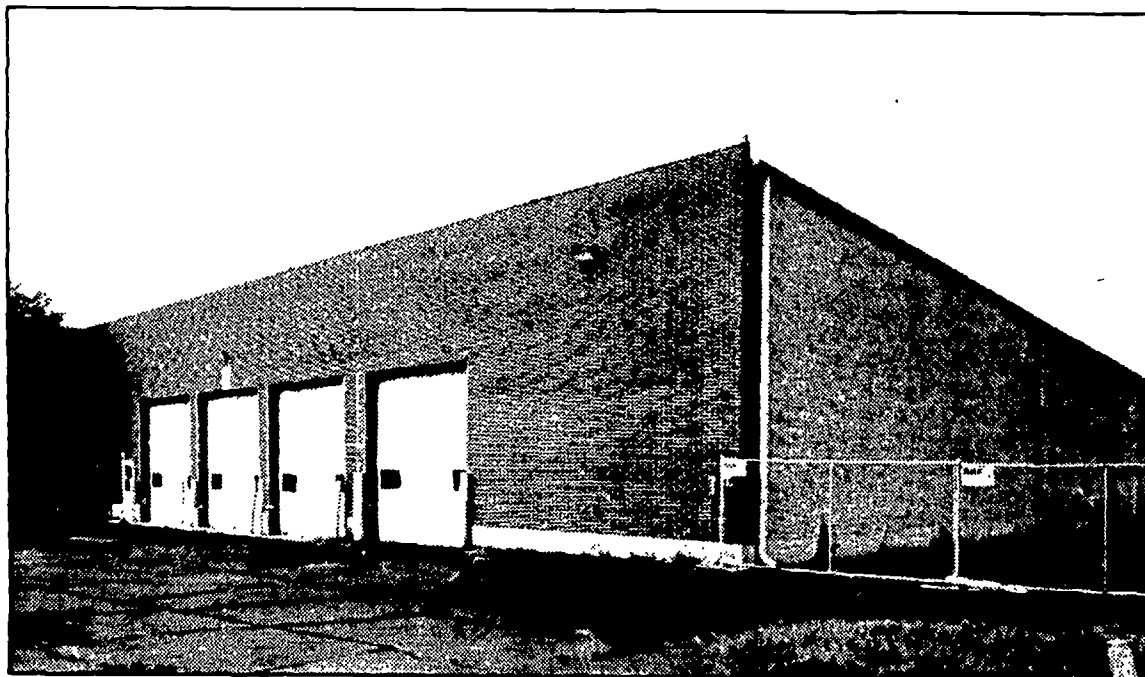
6 p.m. Community and Economic Development Budgets (includes Economic Development Fund and TIF Budgets).

7 p.m. Dinner
7:30 p.m. Finance Department/Pensions/Administration.
Nov. 7, Wednesday, 5 p.m. Salary Comparables/Personnel Issues.

6:30 p.m. Any other budgets not covered during previous workshops (to conclude by 7:15 p.m. [no dinner planned]).

Nov. 26, Monday, 7:30 p.m. Public Hearing on Budget to be conducted as part of the regular Village Board meeting in the Council Chambers.

Krusinski renovates warehouse for Safeguard Self Storage



Krusinski Construction Company will renovate a warehouse at 2020 S. Mannheim Road for Safeguard Self Storage in Des Plaines. The building will have 92,000 square feet of self storage, including a 31,000-square-foot mezzanine, 4,800 square feet of office space and parking for 53 cars.

Krusinski Construction Company, Oak Brook, has begun work on a \$2.3 million renovation of a warehouse at 2020 S. Mannheim Road for Safeguard Self Storage.

Targeted for a December completion, the building will have 92,000 square feet of self storage, including a 31,000 square foot mezzanine, 4,800 square feet of office space and parking for 53 cars.

It was designed by Kwasek Architects of Inverness.

The facility is one of five that Krusinski Construction is building for the New Orleans-based self storage company, which has targeted the Chicago area for a major expansion program.

According to Eric Leland, director of investments for Safeguard, the company plans to have 15 storage sites in Chicago in the next few years.

Jerry Krusinski is the project executive and Robert A. Pickens, Sr., is the senior project manager for Krusinski Construction Com-

pany.

Krusinski Construction Company, founded in 1973, provides comprehensive construction services for many of Chicagoland's top developers as well as national corporations on a wide range of office, distribution, manufacturing and retail projects. The company is a member of Citicel Group, an alliance of seven "best of class" regional construction-related companies in 14 cities that have affiliated to serve the needs of national clients.

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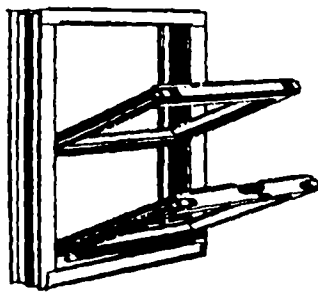
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WINDOWS

- Replacement Windows
- Thermal Panes
- Tilt-To Clean



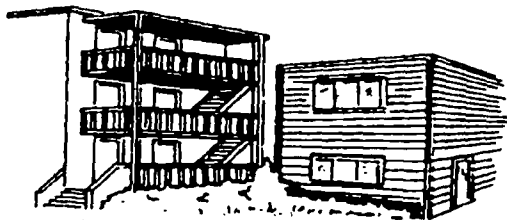
SIDING

- Soffit
- Fascia
- Gutters
- Trim



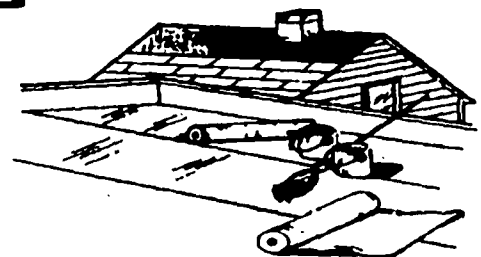
PORCHES & DECKS

- Porches Rebuilt and Enclosed

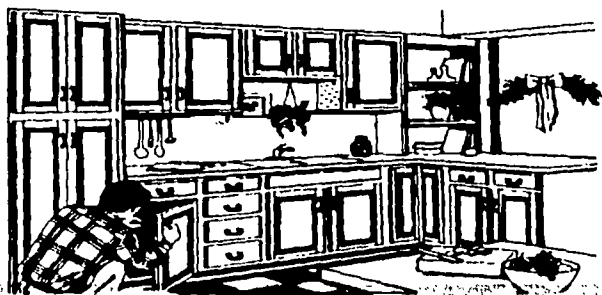


ROOFING

- Shingle
- Hot Tar
- Rubber
- Roll



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